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# Good Housekeeping

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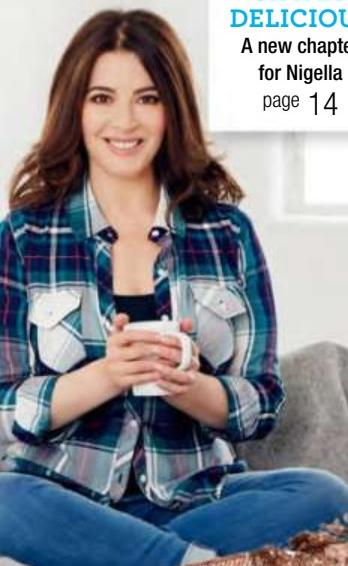
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Photograph Nicky Johnston  
Styling Cheryl Konteh  
Hair Matthew Wade at Carol Hayes  
Make-up Caroline Barnes at Frank Agency  
Nails Vernice Walker at Carol Hayes  
Dress Preen by Thornton Bregazzi  
Cami top Zara

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**Recommendations** on our editorial pages are based on the impartial advice of our editors and expert contributors.

**All health articles** are checked for accuracy by the Good Housekeeping Health Watch team of health professionals.

**All prices** are correct at time of going to press.

## GET IN TOUCH WITH US!

We aim to correct significant inaccuracies in the next available issue. If you would like to get in touch, please email us at [goodh.mail@hearst.co.uk](mailto:goodh.mail@hearst.co.uk)



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From festive bakes to freeze-ahead suppers  
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## The great GH gift guide



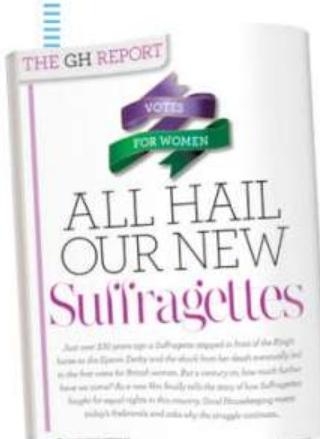
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# Welcome

Good Housekeeping's Editor, Lindsay, on what she's loving right now...



## Votes for women!

There was a buzz of excitement in the office when members of the GH team came back from a screening of the new film Suffragette.

'Why has no one ever made it before?' seemed to be the most common reaction. That, and the fact that everyone was very feisty for the rest of the day!

I'm looking forward to seeing it in the cinema this month, and the subject of women's rights seems as topical as ever. Women make up just 29% of MPs in the House of Commons and only 25% of peers in the House of Lords, while the gender pay gap remains stubbornly in place. Perhaps it's time we thought about marching again!

## Are you ready?

I'm sure I'm just like you – it irritates me when I see Christmas cards in the shops at the height of Summer and when Easter eggs follow as soon as festivities are over! Whatever happened to having a little patience? But I also know that GH readers are an organised lot and that you like to have everything ready in good time. That's why we include the extravaganza that is our Gift Guide in the November issue. And why we bring you meals for the freezer that you can make now and whip out to astonish friends and family when everything is in chaos and the Christmas period really strikes. Then, of course, there's our traditional recipe for the GH Christmas cake and pudding (which you'll need for Stir-Up Sunday on 22 November). I promise you that's as festive as we're going to get in this issue, but as for next month, well... Hold on to your Santa hats!

Lindsay Nicholson

Follow me on Twitter @LindsNich



Nigella: have condiments, will travel!

## Note to self

The one thing I picked up from Nigella Lawson at our cover shoot this month: never go anywhere without a tube of mustard and a box of sea salt. She whipped them out of her handbag as we all sat down for lunch, and if it's good enough for a Domestic Goddess...

## In hot water

As I have been for more times than I care to admit, I find myself in the middle of a house move. And, given that shifts around GH Towers mean I also have to move offices, and you'll excuse me if I sound somewhat frazzled! But come the day we actually move into the new house, one thing I won't need to hunt for is the kettle, as I am a complete convert to the Quooker instant hot water tap. This month the GHI has been testing these wonder taps, and they certainly get my vote. That pot of tea will be the first thing I do on moving day!

**LAUNCHED IN 1922, GH AND ITS TEAM HAVE WON CONSISTENT PRAISE FOR EXCELLENCE IN JOURNALISM, DESIGN AND CAMPAIGNING. AWARDS INCLUDE:** **2015** PPA Editor of the Year; PPA Consumer Media Brand of the Year; **2014** Red Carpet Award; **2013** Best Lifestyle/Leisure News Site at the Online Media Awards; PPA New Consumer Journalist of the Year Award (highly commended) to Moya Sarner. **2012** Jasmine Soundbite Award; Red Carpet Award; Guild of Health Writers Award runner-up. **2011** ACE Gold Award for Circulation Excellence by a Major Magazine; Excellence in Oncology Reporting Award. **2010** FPA Rosemary Goodchild Award for Excellence in Sexual Health Journalism; Red Carpet Award. **2009** Jasmine Visual Award; Travel Press Award to David Wickers. **2007** BSME Mark Boxer Lifetime Achievement Award to Editor Lindsay Nicholson. **2006** PPA Consumer Magazine of the Year. **2005** Race in the Media Consumer Magazine Award. **2004** Gold Medal at the Hampton Court Palace Flower Show for the Ana's Ana's garden. **2003** Lifetime Achievement Award to Editor Lindsay Nicholson from The Work-Life Balance Trust. **2002** Eagle Award for Editorial Innovation. **2001** The GH Organic Handbook named best organic cookbook, The Gourmand World Cookbook Awards.

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# CLARINS

# Worth sharing

WRITE, EMAIL, FACEBOOK OR TWEET US...

Q

## How do you give yourself a confidence boost?

Even the friend who lights up the room has a secret behind that ever-ready poise. We asked you how you prepare to take on the world

A

### WHENEVER I HAVE SOMETHING COMING UP

where I want to impress, I make sure I book a blow-dry. If my hair looks good then I can conquer the world!

*Rebecca Shepard*

**LASHINGS OF BOLD**, bright lipstick. It says 'I mean business', even if I'm quaking inside.

*Rosemary Fielding*

**REMIND YOURSELF** that whoever you're dealing with is



Be confident... it's easier than you think!

probably much less focused on you than you think. And if it all goes wrong, you'll laugh about it one day!

*Vivian Travers*

**SEVEN DEEP BREATHS** (my lucky number) before I enter the room.

*Sybil Morgan*

**I'M A FIRM BELIEVER IN THE POWER** of a good pair of high heels – and a bit of Dutch courage goes a long way!

*Maria Card*

**LOOK FOR THE FUNNY SIDE** of every situation. Once you're

laughing at something, there's no way you can be scared of it.

*Kathryn James-Stanley*

### I REMEMBER ELEANOR ROOSEVELT

, who said that 'No one can make you feel inferior without your consent' – so don't give it to them!

*Lucy Springs*

**I PUT ON SOMETHING SPECIAL** that no one else can see – my favourite underwear or the silver bracelet my mum bought me. If I feel overwhelmed I remind myself it's there: it never fails to give me a lift.

*Linda Nash*

Q We all have items in our wardrobe that we never wear, so how crowded is your closet?

**A** Before giving any item away, I try it on again at least twice before putting it in the donation bag – and I reserve the right to keep it if I find another piece that matches.

*Shell Thompson*

I've finally given up my T-shirts and pyjamas as they're two sizes too big!

*Kathy Brodock*

I have a lot of closet space but it's still crowded. And don't mention the shoes and handbags – there are so many, I don't have time to use them all!

*Barbara Emonet*

I'm guilty of collecting clothes: our postman actually told my husband, 'Your wife is keeping me in a job!'

*Debbie Campbell* □



# SPOIL YOURSELF WITH sparkles.

The party season is just around the corner, so why not treat yourself and your home to a dash of glamour and glitz?





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£12, Next



**SEQUINNED STYLE**  
Scarf, £7.99, New Look  
(newlook.com)



**WORKTOP STYLE**  
De'Longhi kettle,  
£110, Debenhams



**DRESS TO IMPRESS**  
Dress, £350, 8-16,  
LK Bennett



**VINTAGE GLAMOUR**  
Beaded skirt, £89,  
8-18, Phase Eight  
(phase-eight.co.uk)



**OUTFIT UPDATE**  
Clutch, £79, Dune  
(dunelondon.com)



**COMPACT GLAMOUR**  
Dior 5 Couleurs  
eyeshadow in Eclectic,  
£43, John Lewis



**SHIMMER IN STYLE**  
Loafers, £99, 3-7, Kurt  
Geiger (kurtgeiger.com)

**HEAVEN ON A PLATE**  
Glisten 12-piece  
dinner set, £45, Next



**ICE COOL**  
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bucket, £25,  
John Lewis □





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PANDORA  
UNFORGETTABLE MOMENTS

# My recipes tell the story of **MY LIFE**



The Nation's favourite Domestic Goddess, Nigella Lawson, is back with a fresh new look, both for her and for her food. She reveals all to Good Housekeeping – about living in the present, how stress has affected her weight and her latest surprising obsession...

PHOTOGRAPHY NICKY JOHNSTON  
INTERVIEW JESSICA CALLAN



“

The older you  
get, the easier  
and more  
relaxed you  
become with  
who you are

”

The ever-evolving  
Nigella: 'There are so  
many new enthusiasms  
I want to share'

t's been two years since Nigella Lawson faced her annus horribilis. First, the 55-year-old mother-of-two had a very public falling out with and divorce from her second husband, Charles Saatchi. Then came the fraud trial of their former assistants, in which she spent two days in the witness box giving evidence for the prosecution, only to see the women cleared. But who could have doubted that the original Domestic Goddess would not only survive, but return looking fresher and happier than ever? Not Good Housekeeping, certainly. Nigella arrives at our cover shoot in fabulous form – laid back, relaxed and bubbling with enthusiasm about her new book, *Simply Nigella*. The resourceful cook even brings her own mustard and Maldon sea salt to sprinkle on her ham and avocado lunch. It's clear this is a new chapter in Nigella's life, and she shares with us her kitchen wisdom, the secret to her figure and why she can't wait to become a grandmother...

#### How would you describe *Simply Nigella*?

It is a calmly lit snapshot of how I cook and eat now. All my books have an autobiographical element in the sense that they tell the story of the stage of life I am at. My first book had a chapter on weaning and feeding toddlers, and my latest has a recipe I did for my daughter's 21st and a pasta recipe that my son cooks. I found I reflected a lot when I wrote it. There are so many new enthusiasms I wanted to share, chitchat about life and my thoughts about the world and how they relate to my kitchen.

Life doesn't organise itself to be one thing. It changes according to what your schedule is that day or how much sleep you've had. This book is very much about the rhythms of life.

#### One of your chapters is simply called *Breathe... It feels very relaxed*.

What I'm trying to do, and this is true for the whole book and in my life, is to make food that makes me feel good. I don't mean just that it satisfies greed – although that is essential – but I want to feel good when I'm cooking. I want to feel good when I'm eating. I want to feel good afterwards. On different days you need to feel good in different ways. The odd thing is, I'm an entirely spontaneous person – but sometimes spontaneity can only be achieved with a little bit of planning. You don't want to spend a lot of time in the kitchen when you've got thousands of chores to do, but at other times I love pottering about my kitchen. As long

as none of the tasks is challenging, I don't mind a little bit of stirring, putting things in and going about my business.

#### What sort of food do you eat at home?

Bowl food, I'm afraid, is how my children and I really like eating. Everyone should eat a roast sitting around the table, but it's still a very nice family meal when we're all on the sofa with a bowl. I love that sort of food. You can be eating lying down on the sofa with a bowl. There are times when my split pea soup is exactly what I need.

#### Where have you found inspiration for your new recipes?

I went to Thailand for the first time last year, which was inspirational. I'm someone who often gets sudden passions for certain ingredients, which friends always tease me about. In some books there are ingredients that dominate. In this book, it's ginger, chilli and lime. I get inspired by flavours and how they transfer. This is true of life, too. One needs the reassurances and the comfort of the familiar, but also the exuberance of the new. If you can mesh those, then it becomes very exciting. I might read something on Instagram that gives me ideas for a recipe, and I always like to say where I got it from. I have also had to do a certain amount of cooking to accommodate faddy friends – although it's not very good to say faddy! I feel when people come around, half the people are dairy free and half are gluten free. I think

food should be communal, and I often cook flourless cakes. There are different stages, too, such as cooking for various age groups, enthusiasms or influences. This new material is woven into a fabric that already exists because it is my voice – I can only be me! And I like all sorts of food.

#### And puddings! There are some fantastic dessert recipes in this book.

When I have people over, I love to bake a cake or pudding of some sort. But I always think it's quite odd that people think I eat huge cakes every day! Christmas is the season of indulgence, and I love cooking those things, but the number of times one actually eats them is quite rare. So when you do make them, you have to make them as delicious as you can.

#### There are lots of poignant asides in *Simply Nigella*. Where do you feel you are now in your life?

I'm right here, right now. That is a great place to be. I've always thought that, when you cook, you have to be in the present. And that's really how you have to live your life. With my family history, I never want to plan for the future. [Nigella's mother Vanessa died of liver cancer at 48, her sister Thomasina died of breast cancer aged 32, and her first husband John Diamond died aged 47, four years after being diagnosed with throat cancer.] You don't know what the future holds.

And anyway, the future never really exists – it's just a series of nows. I'm not a planner. There are certain things you have to organise – you need a structure in order to be spontaneous – but that's how I cook and that's how I live. Everything can be viewed through food because, in a way, food and cooking are the story of human beings. So if you cook and write and live authentically, all these things are going to mesh.

#### How hard is it to deal with the scrutiny you come under for your weight?

I never know whether people are going to say I've put on weight or I've lost weight. It's certainly true my weight went up – that happens in life sometimes. Some people lose weight under stress, some don't. But then it goes again. You just have to be patient. I have never been on a diet to try to lose weight. I feel like I haven't lost weight, but I'm possibly in better shape. I am doing a rather slow form of yoga now called Iyengar.



I wouldn't want a life where I lived on chia seeds

boring things, like not going in the sun. I wear factor 50 every day, even in Winter. I drink lots of water and I read when I was very young that you shouldn't clog up your skin with lots of stuff. Since I was 26, I have washed my face every day with a cleanser and a scratchy muslin. I'm quite lazy. If I'm somewhere with central heating I wear night cream, because I think central heating is very bad for your skin.

**In this book you're looking a little more casual in jeans and checked shirts. Is that how you dress at home?**

I'm often a bit messier! But that's basically how I am. I've always been a black jeans person. The older you get, the easier and more relaxed you become with who you are. Jeans aren't always the most comfortable clothes but they are today [Nigella was wearing Paige jeans for our shoot], and I will have to get these!

**Tell us about your new obsession with pickling? We hear you have splashed out on a Japanese pickle press...**

I hate to say it, but I think I'm a bit of a condiment queen. I haven't used my pickle press yet - I fear I may never use it! - but I am pickling like mad. I feel like I'm going to get into fermenting, although I think the children might complain about the noise and the smell. I love the fermented taste and I love miso.

**You confess in your book that you can't use chopsticks, and can only use children's ones with a rubber band around them!**

I don't know why I can't use chopsticks, whether it's because I'm not very dexterous or because I'm too impatient and bad at eating slowly. I should learn. But I don't get embarrassed - I ask for a spoon and fork. The truth is I am a bit of a shoveller. Eating such small amounts at a time is meant to be incredibly good for you. One day I will learn... But I've been saying that for many years.

**You dedicate the book to your children, Cosima, 21, and Bruno, 19, and say you hope they will one day take the cast-iron pans you inherited from your parents.**

They will probably take them before they have even left home! It's a wonderful thing to feel that the seeds of what you do are going to be flourishing in their kitchens. I love that they can cook.

**You also say you hope the pans will**

THIS PAGE: NIGELLA WEARS SHIRT AND JEANS, PAIGE AT FENWICK. SHOES, LK BENNETT. RING, HER OWN

**You are looking really good right now – is that all down to the yoga?**

The yoga is certainly a motivation for it. As you get on in life, you value feeling well as opposed to looking well. Yoga certainly makes you feel great, and you want to carry on feeling great. I'm not a fanatic. I just do a bit in a very slow way. Sometimes, lying down!

**In your interview with GH three years ago, you said you weren't put on this earth to go on a diet. Do you still feel that way?**

No one should be put on this earth to go on a diet! No one should be put on this earth to eat themselves ill, either. The point

is just to enjoy food. It is certainly true that many people want to be a weight that is a struggle to maintain. I think I must like food too much, because I am too lazy to do that. I couldn't – to take joy out of life doesn't seem to be a good way to live. Part of the joy of food – and it's maybe bad to say this because there are so many people in the world who haven't got it – is the anticipation. You don't get that if you are a constant grazer. I'm not a grazer. I like meals.

**Your skin is fabulous and wrinkle free. How do you do it?**

It's not completely wrinkle free – you just have to look a little closer! It's down to really

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THE MAKE-UP OF MAKE-UP ARTISTS

[CONTINUED FROM PREVIOUS PAGE] go to your grandchildren. Obviously that's a long way off? I hope not!

#### In your book, you address the subject of veal – tell us about your view?

These male calves can't give milk and are killed for no reason. If you eat meat, it is better that they should be eaten. Rose veal passes humanity in farming and welfare – I discovered that through Compassion in World Farming. I think most people who don't eat veal do it because we have all been so horrified by those crates. But if you make sure you're not buying that sort of veal, it's different.

#### This is your tenth book. What is the secret of your longevity?

Don't jinx me! I'm not a churning-out machine. I can't do a book for the sake of it. I feel that cooking and writing about food is a form of communication. It's a conversation. I feel a sense of rapport, a sense of relationship with my readers. I like that I have an enthusiasm that other people share.

#### You have a TV show coming out, your prolific Instagram and Twitter accounts and your website – do you ever have time to relax?

I relax when I cook, and I do much lounging about and reading. Cooking, chatting, reading and just hanging out.

#### You are quite vocal about loathing the terms healthy food and clean eating. What do you feel about that kale-smoothie-brigade world?

I wouldn't want a life where I lived on chia seed pudding, just as I wouldn't want a life where I lived on eggs Benedict or steak and chips. I love all of them. I love kale and I'm an avocado obsessive. But life is about balance, it's not about being smug. You don't eat things because you think they're good for you. Also, you can guarantee that what people think will be good for you this year, they won't next year. So I am interested in how I feel. I am intuitive about my body. I don't know what a smoothie is, really, but I will make



**Broadminded**  
Nigella: 'I am not a food snob. I don't sneer at people for making the choices they do'

## Why do you like GH?

'I love the food! I feel it has a bit of everything in the magazine. There are various aspects of life I'm interested in, and it's all there. It's been going for such a long time but has adapted so naturally to now.'

# The new obsessions of a Domestic Goddess

*You heard it here first! What's rocking Nigella's boat right now...*

- ★ I'm mad about my mezzaluna chopping board!
- ★ I have a lime squeezer that I'm quite fond of, because I keep going through quite a lot of limes and they can be quite unyielding in the juice department.
- ★ I'm not on their payroll, but I have to have Microplane graters. They are expensive, but they really are good. I use them for lemon zest, garlic and ginger. I couldn't live without one.
- ★ Lamb ribs. They are only £2 for eight at my local supermarket. Everyone likes ribs and it's nice to have something a bit different. They're very easy to do.
- ★ If I cook unsoaked chickpeas in my slow cooker with a bit of bicarbonate, they are absolutely extraordinary.
- ★ I use a rather beautiful cast-iron slow cooker from Netherton Foundry. I love using materials that make me feel very grounded in the world. You can also bring it to the table. I hate the idea of having to start something off in a frying pan and then put it into a slow cooker. It is the equivalent of having an Aga, and gives you a feeling that you're setting yourself up with something lovely to eat.
- ★ Coconut milk yogurt on a baked potato. It's a new way of doing an old favourite, and it's really delicious with some coriander, too. I always keep an eye out for new ingredients coming on to the market.

myself various green things. I'm not doing it because it's so good for me, though. I just don't like the sort of food that makes you feel slumped after. I like to feel good and optimistic and bright about the world.

You should not be judgemental about food. I've never been a food snob. I'm never going to be part of anyone's brigade, but if there is good food to be had, I'm all for it. I don't sneer at people for making the choices they do. I am a broad church. There is nothing I exclude, in principle.

**We hear you have something you refer to as your carb cupboard! What's in it?**

Pasta and rice mostly, and sometimes, if I've got room, potatoes! I call it that for a joke. My children love carbs, and so do I on the right days.

#### Have you started your Christmas preparations yet?

By now I'm starting to think about the flow of it, but my Christmases are pretty much the same! Certainly I will be doing many, many pickles this year. I do like an edible present – it's a nice thing to do. Anything is better than being in a shopping mall and having a meltdown at a cash register!



# SIMPLY DELICIOUS!

The recipes from Nigella's new book and BBC2 series, which starts this month, look very different from her usual decadent feasts. She gives us an exclusive preview of *Simply Nigella* and explains why she loves her new approach...

## Split Pea Soup with Chilli, Ginger and Lime

*'This is one of those thick, wintry soups made spiky and fresh with chilli, ginger and lime'*

Hands-on time 15min. Cooking time about 1hr. Serves 6-8

- ◆ 500g (1lb 2oz) yellow split peas
- ◆ 6 spring onions, trimmed and thinly sliced
- ◆ 3 red chillies, finely chopped (with or without seeds)
- ◆ 2 garlic cloves, crushed
- ◆ 2tsp vegetable stock powder
- ◆ 5cm (2in) piece fresh root ginger, peeled and finely grated
- ◆ Zest and juice of 2 limes

### TO SERVE, OPTIONAL

- ◆ Fresh coriander, chopped

1 Put the split peas, spring onions, chillies and garlic into a large casserole or heavy-based pan (that has a lid) and pour in 2 litres (3½ pint) water. Bring to the boil, then cover with the lid, lower the heat slightly and cook for 40-60min, stirring occasionally, until the split peas are cooked. You may need to add more water if the soup gets too thick, although there is a school of thought that holds that this soup should be thick – a positively Biblical mess of potage.

2 Add the stock powder, ginger, lime zest and juice. Check the seasoning – adding more stock powder or salt, if you prefer.

3 Divide among bowls and serve, sprinkled with coriander, if you like.

**FREEZE AHEAD** Make soup to end of step 2. Cool completely, then freeze in an airtight container for up to 3 months. To serve, defrost overnight in fridge and reheat gently in a pan until piping hot, adding more water as needed.



## Chicken and Wild Rice

*'Because the wild rice (actually a grass) doesn't absorb all of the liquid, this isn't dry like a regular pilaf, but has a rich, runny sauce. And it's wonderfully dramatic: the chicken golden against the gleaming black rice'*

Hands-on time 25min. Cooking time about 1½hr. Serves 6

- ◆ 2tbsp olive oil
- ◆ 1 onion, chopped
- ◆ 1 garlic clove, crushed
- ◆ 1tsp ground turmeric
- ◆ 2tsp coriander seeds
- ◆ 2tsp cumin seeds
- ◆ 8 chicken thigh fillets, each cut into 4 pieces
- ◆ 250g (9oz) wild rice
- ◆ 75g (3oz) dried cranberries
- ◆ 1 litre (1¾ pint) chicken stock
- ◆ Handful fresh coriander, roughly chopped

1 Preheat oven to 180°C (160°C fan) mark 4. Heat the oil in a large flameproof casserole (that has a lid) over low-medium heat and gently fry the onion for 5-10min, stirring occasionally, until just softened.

2 Stir in the garlic and spices. Turn up the heat and add the chicken, stirring for 3min until sealed (it won't colour much). Add the rice and stir for 1min, then add the cranberries and

stock and bring to the boil. Cover with the lid and cook in the oven for 1hr.

3 Remove from oven, check the rice is cooked – the grains should be swollen and starting to split open but still have bite to them. Season, then return uncovered to oven for 15min.

4 Stir in half the coriander and garnish with the remainder before serving.





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## Jackson Pollock

*'I'm sorry, but I just couldn't help myself! And while my little joke doesn't work if you use other firm white fish, the recipe does – so please use whatever fish you prefer.'*



Hands-on time **20min**. Cooking time about **7min**. Serves **2**

- ◆ **2 x 250-300g (9-11oz) pollock fillets, skinless**
- ◆ **250g (9oz) spinach leaves**
- ◆ **15g (½oz) fresh parsley leaves**
- ◆ **Zest and juice of ½ lemon**
- ◆ **3tbsp sunflower oil**
- ◆ **1tbsp extra-virgin olive oil**
- ◆ **290g jar chargrilled peppers in oil – I used Saclà**
- ◆ **1 garlic clove, crushed**

**1** Preheat oven to 200°C (180°C fan) mark 6. Take the fish fillets out of the fridge. Tip the spinach leaves into a colander and rinse under cold water to clean, then shake the colander in the sink to get rid of excess water.

**2** Start by making the green sauce. Using a stick blender or the small bowl of a food processor, whiz about 45g (1½oz) of the spinach with the parsley, ½tsp salt, the lemon zest and juice and the sunflower oil until you start to have an emulsified sauce. Add the extra-virgin olive oil, and whiz again, check the seasoning and add up to 2tsp cold water if the sauce needs thinning (it needs to have a certain amount of runniness for the artistic effect we have planned).

**3** Tip the chargrilled peppers, and their oil, into a 23 x 30cm (around 9 x 11¾in) roasting tin. Add the garlic, ½tsp salt and stir to mix. Sit the pollock fillets on top and cook in the oven for 5-7min, until the fish is cooked through.

**4** Meanwhile, heat a wok or large pan (that has a lid) over medium heat. Add remaining spinach and some salt, cover and cook until spinach wilts.

**5** Quickly squeeze out excess moisture from the spinach, then arrange dollops on a large plate. Top with the fish fillets, cutting each into smaller pieces first. Spoon over the peppers then dribble over a little of the pepper oil. Drizzle over the green sauce; by all means, consult the picture here – or indeed an art book – for guidance!

## Honey Pie

*'I find the saltiness here tempers the rich, honeyed sweetness, but if you prefer to embrace its intensity, reduce the salt in the filling to 1tsp. In either case, it's essential you use sea salt flakes, not pouring salt. Pie-pedants will insist it is, in fact, a tart, since it doesn't have a pastry lid, but this is an American recipe, and if pastry is involved in America, it's a pie, okay'*

Hands-on time **20min**, plus cooling and freezing. Cooking time about **50min**. Serves **14**

### FOR THE PASTRY

- ◆ **225g (8oz) plain flour**
- ◆ **125ml (4fl oz) olive oil**
- ◆ **60ml (2½fl oz) full-fat milk**

### FOR THE FILLING

- ◆ **100g (3½oz) unsalted butter, softened**
- ◆ **150g (5oz) caster sugar**
- ◆ **1tbsp polenta (not instant) or cornmeal**
- ◆ **2tsp sea salt flakes**
- ◆ **1tsp vanilla extract or paste**
- ◆ **250g (9oz) good runny honey**
- ◆ **3 large eggs**
- ◆ **150ml (5fl oz) double cream**
- ◆ **2tsp cider vinegar**

### TO SPRINKLE ON TOP

- ◆ **¼tsp sea salt flakes**

**1** To make the pastry, mix the flour, a large pinch of salt, the oil and milk to form a rough, slightly damp, dough. You can do this by hand or at low speed in a freestanding mixer.

**2** Tip mixture into a 5cm (2in) deep, 23cm (9in) round loose-bottom flan tin and press it patiently over the base and up the sides of the tin.

I find a mixture of fingers, knuckles and the back of a spoon the easiest way to go. Put into the freezer for at least 1hr or up to 24hr.

**3** Preheat oven to 180°C (160°C fan) mark 4 and pop a baking sheet in to heat up. To make the filling, melt the butter in a medium pan. Take



off heat and leave to stand for 5min, then beat in the sugar, polenta or cornmeal, salt flakes and vanilla until combined. Measure in the honey and beat in the eggs, followed by the cream and vinegar.

**4** Take the pastry tin out of freezer and pour in the honey mixture. Place on the baking sheet in the oven and bake for 45-50min, rotating it by 180° after 30min (it will still seem very uncooked). When it's ready, it will be a burnished bronze on top, puffy at the edges and set in a soft, jellied way in the middle (it carries on setting as it cools).

**5** Transfer in tin to a wire rack, sprinkle with ¼tsp sea salt flakes and leave to cool completely, about 2hr. Serve in modest slices, as it's nice and sweet and you will want leftovers for yourself. Lovely with clotted cream or crème fraîche. □



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# Oh the glamour!

*Whether it's a favourite little black dress, a stunning pair of shoes or a splash of fragrance, we all have our own ways of feeling a million dollars. Four famous women share what makes them feel gorgeously glossy and little tricks we can all take on board*





*'I feel much more comfortable with myself as I get older'*

CHARLIE BROOKS

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## 'Heels and lipstick always make me feel sassy!'

**Best known for playing a femme fatale in EastEnders, actress Charlie Brooks reveals it took her quite some time to discover her glamorous side**

**I**t wasn't until I reached my early 20s and played Janine Butcher in EastEnders that I started to experiment with glamorous looks, albeit quite badly! In my teenage years, I was a bit grungy. I wore flat shoes and was into going to gigs. I have some shocking photos!

I feel much more comfortable with myself as I get older. I've finally found a balance with my style. I'm usually a boots and no lipstick girl, so when I do my make-up, it makes me feel very glam.

Wearing heels and lipstick makes me feel feminine, sassy and like I'm exuding glamour. My favourite pair of heels are some very Seventies-looking shoes by Chie Mihara, which are also incredibly comfy. I also love a classic pair of black stilettos. They make me feel sexy and powerful. On my lips I love Fuchsia Fever by Estée Lauder – it brightens up any girl's face. And I like red, too – it makes me feel playful!

Something very simple, like lipstick, has a real effect on how I feel. I'm currently starring in A Streetcar Named Desire at the Curve Theatre in Leicester. The role of Blanche DuBois is a gift of a part. She was played by Vivien Leigh in the film version and there's such an element of glamour to her character. Blanche likes to feel like a princess, and at one point says, 'Yes – clothes are my passion!'

My daughter is 11 now, and some mums really make the effort on the school run but I've got too much going on to worry about things like that. I don't let the whole keeping-up-with-the-Joneses thing catch up with me!

**'You can't be just a bit glamorous – you have to go the whole hog!'**

*When novelist Santa Montefiore wants to get glammed up and hit the town with friends, only head-to-toe luxe will do*

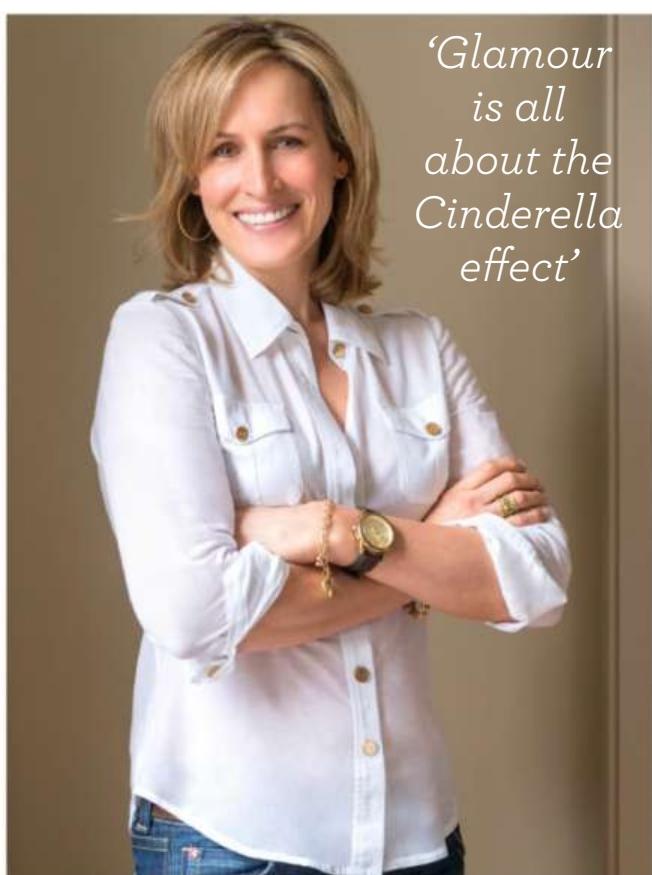
**G**lamour is all about the glitter and the Cinderella effect. For me, it only lasts from leaving the house to arriving at lunch somewhere like The Ivy or Colbert in London and having a glass of Champagne. You can't feel glamorous on your own – you need an audience. You dress up to be seen and it's very temporary, but it's great fun!

For me, it's all about luxury, gloss and looking groomed. You can't be just a bit glamorous – you've got to go the whole hog!

Just having a handbag doesn't make me feel glam. The hair has to shine, the nails have to be manicured and the make-up has to be good. I go to Richard Ward in London and have a blow dry, a manicure and a pedicure. I like a great pair of heels with a fabulous pair of indigo, well-cut jeans from J Brand or Frame, a blouse from Trilogy, a lovely Michael Kors handbag and my new Princesse Tam Tam underwear. Heels immediately make me feel like I'm going out.

I'm 45 and feel more glamorous now than when I was younger. But that level of grooming is a struggle for me. I can hold it together for a lunch or a dinner, but the minute I come home... It's like Cinderella and the pumpkin. Being glamorous is a contrast to my daily life. I've just finished my latest book, Songs Of Love And War, and my job is sitting at my computer in my office at home. So I go from jeans, heels and a jacket to trainers or slippers and a tracksuit!

*'Glamour is all about the Cinderella effect'*





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*'For me, it's about stylishness and elegance'*

## 'What makes me feel glamorous? Attention from the opposite sex!'

**Memories of her mother and the exotic fragrance she wore have shaped actress Rula Lenska's idea of what makes a woman alluring – that, and a nod to the men in her life**

In the way some women won't go out without lipstick, I won't go out without perfume. It's very much part of my persona and always makes me feel good. Scents have so much association with good and bad times. I have a very distinct memory of my mother leaning over the bed when we were very little children, kissing us goodnight before going out. She was all dressed up and used to wear Detchema, a perfume made by Revillon especially to go with furs. I wouldn't dream of wearing fur nowadays. I'm a huge conservationist and have been lucky enough to have been out in Africa, India and Nepal and seen all those animals in the wild. In fact, I have recorded Tales Of The Full Moon, a collection of short stories about animals in Africa by Sue Hart. The challenge for me was doing about 15 different animal voices!

Wearing beautiful clothes that fit well and are comfortable makes one feel glamorous and, of course, so does attention from the opposite sex. I think men probably prefer figure-revealing clothes, which I have never really done. I believe that there is a certain amount of glamour in mystery, rather than full-blown showing everything off.

I'm an old hippy at heart and love flowing, sexy materials – kaftans, loose-flowing palazzo pants and ethnic tops. I also have a few timeless pieces, such as very well-cut trouser suits, including one by Yves Saint Laurent.

For me, glamour means stylishness and elegance. Recently I've had to ask my daughter, 'Are you sure this doesn't look like mutton dressed as lamb?' I have a particular hatred of that. Which is not to say I can't be flamboyant and daring!

**'I like to wear make-up, even if it's just to go to the shops'**

**For Downton Abbey star Phyllis Logan, the end of the smash hit show means she can glam up now that she's no longer playing the Crawley family's sensible housekeeper**

I don't think Mrs Hughes minds what she looks like at all. She's not vain, so it's not a concern for her. She has a good heart and a sense of humour, which keeps her going, and her main worry is to make sure Downton is running properly. So I feel confident when I'm playing her – but not glamorous. Mrs Hughes may not mind what she looks like, but I do!

When I'm not working, I wear make-up, even if it's just to go round the corner to the shops! I have to have at least a little bit of mascara on. Even when I won't be dressed up and am wearing just a pair of sweatpants, I do like to get a bit of a face on. Not the full slap – just a bit to take the edge off!

The older I get, the harder I have to work at looking glamorous. When I was younger, I used to think: 'Oh great, I can get dressed up, put on my slap and go out.' I'd look forward to it. Now it is more of a struggle. I sometimes think, 'Oh God, I've got to get dressed up like a turkey in my Spanx!' But needs must.

When I'm with the rest of the cast doing interviews for Downton Abbey – like we've just done for the new DVD release of the final series – we get our hair and make-up done. It's so nice to be pampered that way and not to have to do it yourself. We had a big cheerio party in London for the end of the series that I dressed up for.

But do you know what makes me feel really indulgent and glamorous? It's simply to go to a local restaurant with my husband, have a lovely dinner, a couple of glasses of wine, and chill. □

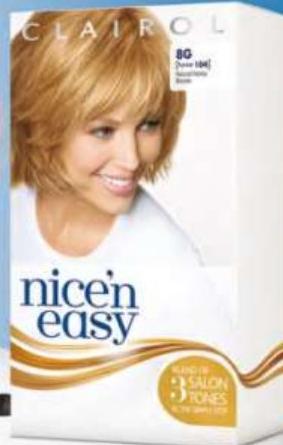
**'Mrs Hughes may not mind what she looks like, but I do!'**



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# Why this woman wants you to make MISTAKES

No matter how hard we try, sometimes things go wrong, and we find ourselves at rock bottom, wondering how to get back up. We asked *Brené Brown* – author and self-help guru – to examine her own past mistakes and share the six lessons that changed her life, and made her, her kids, and her marriage, so much stronger...

## *1. Feeling is just as important as doing*

A lot of people shy away from their emotions, they try to push them down. But emotions don't disperse and dissipate – they grow and they fester, and then they dictate your behaviour. So all of a sudden you find yourself being impatient with a child or not speaking to your partner, and you don't know why.

A friend called me a few weeks ago saying she'd just shouted at her 10 year old, and couldn't work out why – then she realised that when she'd put on her favourite pair of jeans that morning, they didn't fit, and that sent her into a spiral of shame.

The only way to free yourself from that emotion is to look it in the eye, call it by its name, and explore it. When we deny our feelings, they own us. When we own our feelings, we can decide what we're going to do with them.

Most of us were raised to believe that doing is more important than feeling. Emotions aren't important, we were told: if you're sad because you didn't get the exam results you wanted, then don't talk about being sad – just get better results. But studies from all over the world, from researchers in physics, business and medicine, show that emotion leads behaviour – what you feel governs what you do. And my research has shown me that the people who overcome adversity the fastest are those who are the most willing to be uncomfortable, and get curious about what they're feeling. So start by identifying what you do when



[CONTINUED FROM PREVIOUS PAGE] dealing with difficult emotions: do you want to be sick, punish someone, pull the duvet over your head, or eat carbs? What are the signs for you?

## 2. For forgiveness to happen, something has to die

To forgive somebody is to let something go, and mourn and grieve that loss. When you look at your parents and say, they were so hurtful to me but they were doing the best they could and I forgive them, it means you also have to grieve for what you needed growing up that they didn't give you. To forgive a partner who betrayed you is to mourn the loss of the idea that he would never do something like that.

But the death of something also means the birth of something new – a new relationship with new boundaries, and a new level of trust. Forgiveness is ultimately an act of self-compassion to unchain ourselves from the pain of that betrayal. It's the same with forgiving yourself. If I make a parenting mistake and hurt my kids' feelings when I'm tired and grumpy, I have to say: Brené, you need to forgive yourself for the fact you're capable of hurting the people you love the most. That's painful, but it also makes me more aware that I need to sleep and exercise and take care of myself, not just for me, but for the people I love.

## 3. Understand that failing is a part of being brave

The nature of courage is that if you're brave often enough, you're going to fail. Recognising this can do remarkable things for adults, and for children. My research has changed the way my husband, Steve, and I raise our children. In our family, the minute you put yourself out there, you've already been brave, the rest is just icing on the cake. I can see the difference in my 16-year-old-daughter, compared with how I was raised. I never tried to do anything that I wasn't sure I could achieve and, when I did fail, it was 25 years before I tried something new again. But my daughter? She'll try out for a team, and if she doesn't get accepted, she'll still say it was worth it. Sometimes she's disappointed, but she's never regretted going for it. She knows you can't get braver than putting yourself out there, regardless of what the outcome is.

## 4. Beware the story you are making up

We're wired for stories – from the beginning of time, humans have used stories to make sense of the world around us. When we are going through adversity and pain, our brain immediately builds a narrative – working out who's the good guy and who's the bad guy, regardless of whether it's true or not. We have to learn to stop and fact-check that story. We need

*'My daughter will try out for a team, and if she doesn't get accepted, she'll still say it was worth it'*

BRENÉ BROWN

to ask, is this true? Is there necessarily a good guy and a bad guy, or is it just a misunderstanding, or a complex conversation?

This has been revolutionary for my marriage. Now it can take just one minute into a fight for Steve and me to be laying our stories on the table. When I came home from work one night after a frantic day, exhausted and later than expected, Steve was helping our son Charlie with his homework. I asked Charlie if he'd practised for his spelling test – and he said yes, but he hadn't written the words down, and I looked at Steve and said, 'If he didn't write the words down, that means he didn't study for the test.' Steve took a deep breath and walked me into a different room, where he told me that when I come barrelling through the door and start criticising him, he makes up a story that I don't think he's good at helping the kids with their homework. So I took a deep breath and I said I was sorry, that the story I was making up was that I was late at work and I was letting the balls fall at home – that I should have been there to help and I wasn't, and that I'm not a good enough mum. He told me that raising the kids has never been my job – it's our job. He said sometimes he doesn't make it back on time, sometimes I don't, but when we have to work late, the kids learn what it means when we tell them they have to do another hour of homework before they can go to the cinema. He told me I'm a great mum.

Not all our fights go the same way but, after 21 years of marriage, I can tell you it's not magic, it's just practice. When we fact-check the stories we're making up, we get to write a new ending.

## 5. Self respect comes from accepting the blame

Novelist Joan Didion once said, 'Character is the willingness to accept responsibility for our own life.' I love that. It's saying I need to take responsibility for all the times I end up hurting people I care about the most. Self-respect comes from the moment I look at a colleague or a friend and say, I didn't show up in that conversation the way I wanted to, I was defensive and I took things personally, and I apologise. That's self-respect.

## 6. Learn from your mistakes

Regret is a masterful teacher. If you look back on your life and feel regret for certain things you've said, you can learn what you'd do differently. When you say you have no regrets, it's like saying you have nothing to learn. The things people regret most in their lives are failures of kindness and courage. If you insist on denying your regrets, as opposed to owning them, you risk reaching the end of your life and finding yourself in a big vat of grief. Regret is uncomfortable, but it means we can do better next time; it helps us find purpose and meaning in our lives. □

## FOR THE RECORD

\* American self-help author Brené Brown is a research professor who has focused on topics including courage, worthiness and shame.

\* She has more than 240,000 followers on Twitter and her TED Talk has been viewed more than 20 million times all over the world.

\* Two of her books have topped the New York Times bestseller list and her newest one, *Rising Strong*, is out now.

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# The resilience factor

## *Four women who've got it*

There are times when the future looks bleak, when you feel helpless or alone. But as these four women prove, it is possible to rewrite your own life story



Chris: 'I know how important a woman's hair is to her identity'

**'Helping other women has given me the strength to carry on'**

**After a brutal diagnosis, Chris Gowing could easily have given up. Instead, she threw herself into an inspiring new venture**

**S**itting in the consulting room with my husband, Jay, I struggled to take in the doctor's words. I'd beaten breast cancer 17 years earlier. Now, I was being told that the backache I had was much more sinister. The cancer was back, and had spread to my liver and bones.

I burst into tears, but eventually the tears had to stop. It may sound strange, but I

didn't want to know my prognosis – I was going to do everything I could to beat this disease for the second time.

After many years working as a hairdresser, I knew how important a woman's hair is to her identity, and I knew looking good would give me the strength to face my illness before starting chemotherapy. So I organised a trip to London to buy a wig. 'Let's turn it into a girly day out,' I told my daughter.

But the trip turned into a disaster. Visiting the big stores, I found the staff unfriendly and abrupt. They wouldn't let us touch the wigs, and I came away feeling disappointed and deflated. It made me think: what must it be like for other women with cancer?

So I decided to set up a wig consultancy at my own salon. I would offer a one-to-one service, with consultations in a private room. It would be discreet and peaceful – everything my experience had not been.

I enrolled on a training course with My New Hair, a charity that trains salons in wig styling for people with cancer and hair loss, and started work on refurbishing my salon. By November 2013, the wig room was open for business. Meeting my first client, a woman in her 30s, also with breast cancer, I felt proud.

And crucially, it helped distract me from my own illness. I continued to see clients in between chemo sessions. Since then I've had more than 400 women through my doors. Most of them have cancer, but I also see clients who have lost their hair from medical conditions like alopecia. They all have one thing in common: they want to feel normal again. And I know exactly what they're going through, because I'm going through it, too.

I've recently completed my third cycle of chemo – some days are harder than others – but my business has given me something incredibly positive to focus on, and I feel optimistic. Helping other women has given me the strength to carry on.



Kerry: 'I love being my own boss and the freedom it brings'

*'The future didn't have to look bleak – it was up to me to change it'*

## **'I left school with nothing... Except ambition!'**

**Her teachers said she'd never achieve anything, but it only made Kerry Roy more determined. Through hard work, and a huge gamble, she forged her own success**

**I**f my 16-year-old self could see me now, I think she'd be proud of what I've achieved.

From a young age, I always said that one day I'd be my own boss. And that's what's happened. By the age of 30, I'd launched my own successful business – now I have eight staff and a turnover of nearly £300,000 a year.

But that success was far from guaranteed. For a long time the odds were stacked against me. I was never particularly academic and, after falling in with the wrong crowd as a teenager, I left school with no GCSEs or A levels. My teachers said I'd never amount to anything.

It was in my early 20s, while doing a series of low-paid jobs, that something shifted in me. I realised the future didn't have to look bleak – but it was up to me to change it. I was in charge of my own destiny. So I applied to university as a mature student, graduating with a business and marketing degree three years later. Then I got a job as a product trainer for a





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[CONTINUED FROM PREVIOUS PAGE] car seat manufacturer.

But in 2012 the company underwent a restructure, and I was given two options: relocate hundreds of miles to London on the same salary – or take voluntary redundancy. The thought of leaving my well-paid job to take a leap into the unknown was frightening, but it was finally a chance to do my own thing. I took the redundancy.

I'd always loved the outdoors and with glamping really taking off, I had spotted a gap in the market for a luxury camping site in the Yorkshire Dales. I managed to raise £90,000 from my redundancy and savings along with a business loan, so I was able to lease 15 acres of land from a local farmer and set up my own site.

I opened Camp Katur – which means happy in Icelandic – in April 2013. We have 15 tents, including safari tents, tipis and bell tents, all nestled in beautiful meadow and woodland, plus an eco spa with a wood-burning hot tub and sauna. It's popular with couples and families and we also host weddings.

I love being my own boss and the freedom it brings. Last year, my partner, Dave, and I went travelling round India and Asia for two months during the camp's quiet Winter months. I took my laptop and treated it like a working holiday, bringing back boxes full of beautiful Indian fabrics, bed throws and cushions to furnish our tents. It was wonderful – and something I'd never have been able to do when I was employed.

Now I'm looking for the next challenge – opening a second, bigger site nearby with eco log cabins. I've set my sights big, because I believe you can achieve anything if you set your mind to it. I don't regret any of the choices I've made – because ultimately they've made me the person I am today.

**Paula:** 'Several of my clients have become firm friends'



*'The worst thing that could happen had already happened – what did I have to lose?'*

## My divorce turned out to be the making of me'

When her husband left her, Paula Hamilton didn't know if she'd ever recover. But her passion for fitness was to prove her saviour

**F**or two decades I was a stay-at-home mother, running around after three sports-mad sons and a husband who worked long hours as a solicitor.

Having given up my own career in law to raise our children, I'd never felt more certain of my role in the family. And we really were a tight unit – or so I thought.

But then in 2010, when the boys were teenagers, my husband dropped a bombshell. After 23 years of marriage, he told me he was leaving. It shook me to the very core. I was heartbroken, confused and angry, my confidence shattered. And I felt so stupid that I hadn't seen it coming.

Amid the divorce that followed, I retreated into myself. I spiralled into depression, my weight dropping to just six and a half stone. I felt like I'd lost control, and I knew I had to do something. As a coping mechanism, I threw myself into fitness. I'd always loved exercise – going to the gym, running and cycling – but this time it took on a whole new meaning. When I was working out I

felt like I had a better grip on my emotions.

I started to wonder if I could turn my love of fitness into a business. I'd been out of the workplace for 20 years, but I needed to support myself financially. In the end, it was my marriage breakdown that gave me the courage to give it a go. The worst thing that could happen to me had already happened – really, what did I have to lose?

So that's how I found myself, at 51, setting up my own mobile personal training business, The No.1 Ladies Fitness Agency. Armed with weights, stability balls and bands, I would drive to clients' homes for one-to-one sessions, and I loved helping other women achieve their fitness goals.

Gradually, I began to feel my confidence return and, two years on, my life has been transformed. The business is doing brilliantly, and many of my clients have become firm friends.

It's never too late to follow your dreams. I'd never have chosen for my marriage to end in this way, but my heartbreak spurred me on to achieve something I wouldn't have believed possible.

## 'Tragedy made me encourage other mums'

**When her first child was born, Pippa Best found motherhood a struggle. But the loss of a close friend forced her to admit her own fragility – and has helped others like her, too**

**T**here was a time when I defined myself by my career. I loved my job as a film script editor, and had worked hard to get there. So when I fell pregnant with my first child at 35, I approached motherhood like I would any job. I read all the baby books, religiously attended antenatal classes and thought I had it covered. As far as I was concerned, I was fully prepared.

Then my son, Jago, was born in 2008, and I realised how naïve I'd been. Suddenly I was responsible for this tiny little person, and although I adored him with every fibre of my being, there were times when I really struggled. I'd been so looking forward to breastfeeding but I found it hard. Jago wasn't gaining weight, and at every weekly weigh-in I felt I was failing him. I'd had all these expectations of myself as a mother and I felt like I came up short.

My husband, Carn, and my mum were supportive, but it was only after speaking to other mums that I realised I wasn't alone in feeling isolated. It was my close friend Loz, a mum-of-two, who taught me that those feelings of inadequacy were normal. 'You're not a failure if you struggle – it would be weirder if you didn't,' she said. But a few months later, Loz suddenly passed away from a heart condition. I was devastated. I thought back to my friend's unstinting advice and support, and I wanted to do something to help myself and other mums feel connected to each other – a way to celebrate the gloss-free aspects of motherhood as well as the wonderful moments.

I'd gone back to work part-time, so in my spare time I set up Story Of Mum, an online community to nurture and encourage mothers. With the help of National Lottery funding, I launched the website in 2011, just three months after my second child was born.

I encourage mums to make time for themselves as well as meet for creative activities such as photography, writing and crafting. And it has grown into something much bigger. In 2013, I organised a touring exhibition to explore how motherhood affects identity, and last year I started running Mamas' Retreats, weekend and residential breaks near my home in Cornwall, for mums to recharge their batteries and enjoy some much-needed me time.

When I look at how many women have got



Pippa: 'I wanted to do something to help myself and other mums feel connected'

*'I've learnt there is no rule book when it comes to parenting'*

together through the site, I feel so proud. Many of them are facing post-natal depression, family break-ups or have children with special needs. Story Of Mum makes them realise they're not alone. It gives them

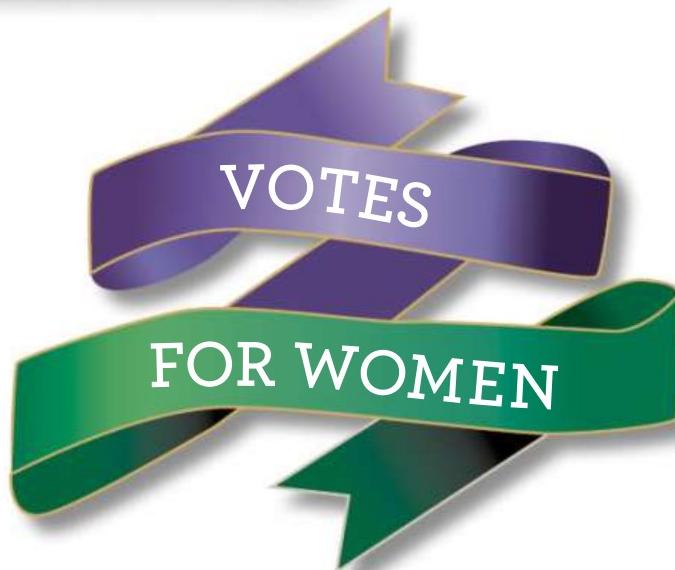
a chance to rewrite their own stories. As for me, I'm a lot more philosophical these days. I've learnt there is no rule book when it comes to motherhood – and there really is no such thing as the perfect mum. □

A photograph of a person's lower body from the waist down. They are wearing a long, light-colored, textured coat and dark red leather boots. The person is standing on a paved surface made of large, irregular stones. The background is slightly blurred.

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# ALL HAIL OUR NEW Suffragettes

*Just over 100 years ago, a Suffragette stepped in front of the King's horse at the Epsom Derby - and the shock from her death eventually led to the first votes for British women. But a century on, how much further have we come? As a new film tells the story of how Suffragettes fought for equal rights in this country, Good Housekeeping meets today's firebrands and asks why the struggle continues...*

## 'The Suffragettes would be ashamed of how slowly matters have moved'



If GH columnist Sandi Toksvig makes you chuckle, you may feel she's an unlikely politician. But Sandi has had enough of lip service from political parties – and is getting down to the serious business of demanding equality for women

I thought as I got older that I would become calmer. More accepting of life and its flaws. Instead, I have become more agitated and less inclined to let things slide. So agitated, in fact, that I did something I didn't really have time for – I helped to set up a new political party.

I don't think anyone who pays attention could avoid noticing that our faith in politicians continues to slide... And no wonder. When discussions in Parliament are shown on television, I am honestly appalled. There is shouting, one-upmanship and endless blame passed to the other side. What there never seems to be is a simple conversation where everyone tries to work together for the good of the country. I have friends from the right, left and middle of the political spectrum, and none of them are monsters. They all have bits of ideas which, if we cooperated, might be fashioned into some splendid solutions. I began to think more and more about non-partisan politics. Politics that wasn't from any one side, but looked for a way forward for all of us.

I also realised that I am losing patience with the glacial progression towards equality for women. I think if the Suffragettes could come back and talk to us, they would be ashamed of how slowly matters have moved. Forty-five years after the passing of the Equal Pay Act, the gender pay gap means that women still effectively work for free for two months of every year. The situation for women suffering domestic violence continues to be heartbreaking. Women are 51% of the population but nowhere near that in positions of power. And the media, itself still largely run by men, helps perpetuate that situation by focusing on reductive images of women. This situation isn't just bad for women, but for everyone, because it damages the economy and society.

And so I helped found the Women's

Equality Party. It's not only non-partisan, but it offers a brand new model of politics in another key way, too. We have six core objectives, all focused on achieving gender equality, and we are developing policy around those objectives. We will never seek to devise policies in other areas – our candidates will be able to determine their own positions on everything from fracking to the Ukraine, but their focus on gender equality will be laser-like. By becoming an electoral force, we will both win seats and push the other parties into adopting our policies.

When women fulfil their potential, everyone benefits. Equality means better politics, a more vibrant economy, a workforce that draws on the talents of the whole population and a society at ease with itself. I didn't expect to get involved in politics, but the old system is broken – and the prize seems too great not to give this a try.

## 'The Suffragettes' heartbreakingly stories still feel relevant'



This month, a major new film, *Suffragette*, addresses the brutal struggle for female suffrage. For its writer, Abi Morgan, who also wrote the Margaret Thatcher biography *The Iron Lady*, it hasn't come a moment too soon

Not so long ago, my 11-year-old daughter's class had to go into school in Victorian costume – and a couple of the girls dressed as Suffragettes. I think that's rather brilliant. I see a generation of young girls who feel very empowered – my daughter plays water polo, tennis, football and doesn't feel in any way unequal to the boys in her class. Her older brother, too, believes his sister is as strong as he is in every way. So I feel that the time is right to tell the story of the Suffragettes. It's perhaps surprising that it hasn't been told more often, but the shift into social media means we can engage in a way we couldn't even 10 years ago. There has been a sea change, and suddenly you feel like you are in a global network of women. And with the

demand for parity comes the demand for stories of how we got here.

When I read the testimonials of the women back then, I was astonished by how much physical and verbal abuse they endured. You imagine that 100 years ago there was some kind of etiquette in the way women were treated, but it was actually lewd. Their fight for the right to vote had such an impact on them – from the way their peers treated them to losing their children, having their mental health questioned and being thrown out of employment. But these heartbreaking stories still feel incredibly relevant today. When you look at the kidnapping and slave trading of those young girls in Nigeria by Boko Haram, for example,

you realise we have a long way to go.

The power of a movie like *Suffragette* is to remind us how relevant the story is to modern women. It's astonishing that some countries only granted the female vote quite recently – in our own lifetime! I hope we can continue the dialogue; to say it matters that we vote, it matters that we say certain behaviour is not acceptable, it matters that we ask why every woman who sings a song has to show off her body in a way that men don't.

There's also the need for transparency about pay. I assume I get paid the same as my male counterparts, but it's difficult to quantify. I certainly don't get sent the same material. Why is a woman not writing Bond? I'm actually working on a female Bond idea, because I find the former MI5 Director General, Stella Rimington, so fascinating. So yes, we have achieved a lot – but I don't think there will ever be a world where equality is the status quo. We will always have to strive to redress the balance, and I hope this film helps us to do that.

## 'Wherever we look our culture is ignoring women'



A tendency to overlook the achievements of half the human race spurred Caroline Criado-Perez into action, and her subsequent campaign shamed the Bank of England into putting a woman on the £10 note. But the backlash she received from

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[CONTINUED FROM PREVIOUS PAGE]  
*some men was chilling and now, she says, what is needed is a revolution*

**W**hen I woke up on 26 April 2013, the media was reporting that Winston Churchill was to be the face of the new £5 note. Not exactly a surprising choice, but it had a significance beyond honouring our wartime leader: the fiver was the only note that featured a historical woman (Elizabeth Fry). Our currency was about to become the latest cultural artefact telling us only men have ever done anything worth remembering.

Women make up just 13% of the main subjects of global media stories; only 28% of speaking roles in Hollywood films are female; out of 47 topics in Key Stage 3 of the national history curriculum, only one topic mentions women, while Key Stage 2's 34 topics have room for only three women's names. Wherever we look, our culture is ignoring women.

This isn't simply a case of unfair representation: there is a burgeoning field of research showing how dramatically role models affect women. A woman's performance in a maths test can be transformed by something as simple as who gives her the test. The presence of a single woman candidate for political office has been shown to increase female volunteerism, voter turn-out, and women's ability to name politicians. Even something as subtle as a portrait of a powerful woman at the back of a room where women are speaking publicly has been shown to make them give longer and better speeches.

I came across these studies as a result of my work with The Women's Room, a database I co-founded and still run, which provides female experts for the media. So when I read that the Bank of England was removing yet another female role model from public life, I felt I had to act. I started a campaign asking the Bank to reverse its decision and, after three months of hard campaigning, it announced that Jane Austen would be the face of the new £10 note.

My celebration was short-lived. Almost as soon as the announcement was made, I started receiving graphic rape and death threats. Hundreds of men telling me precisely which part of their body would violently penetrate which part of my body,

how I would be mutilated and violated, how I would be begging to die.

The onslaught was terrifying. I found it impossible to work, I struggled to eat and sleep. But ultimately, I felt the huge over-reaction vindicated my campaign. A person who thinks a rape threat is a reasonable reaction to a woman asking for a picture of another woman on a piece of paper is a person who is deeply threatened by the request. If they find it scary, that's because it's revolutionary. And revolution is exactly what we need.

### 'I want to tell girls: don't let anyone set limits for you'



*Along with her fellow Lionesses, Casey Stoney is a member of the most successful England football team in almost 50 years. It's vital to capitalise on the World Cup, says the England and Arsenal defender, so other girls don't have to suffer as she did*

**I** remember walking into my first session with the boys' team and everyone looking at me as if I had two heads. It took me about 45 minutes to show them what I could do. Then, when I was 11, I won player of the year for Morden. Finally, I felt I'd earned their respect.

But when I turned 12, I was banned from playing with boys. I was one of the best players, yet I couldn't join competitive teams or even play at school, just because I was a girl. I thought it was incredibly sexist. I understand separating older kids and pros – you wouldn't have men and women racing the 100m final against each other – but at 12 there isn't much physical difference. My mum found a girls' little league, but it wasn't challenging enough. I was so frustrated – I lost a year's worth of development – but rules were rules and there was nothing I could do about it.

Stories like this are why it's so important for female players to make the most of every opportunity we have to raise the profile of the women's game – and fortunately, attitudes are changing. I look at the way the nation got behind us during the London 2012 Olympics. I look at last year, when we

played a friendly against Germany in front of a crowd of 45,000. I look at this year's World Cup, where we came third – higher than any England side since 1966. We were really proud of our achievement, and overwhelmed by the response from people back home. Now we have a good chance to win the 2017 European Championships and take that respect for the game even further.

These achievements mean that more girls grow up wanting to play. I never saw female footballers on TV when

I was a kid – we're aware that we are role models, and we take that seriously on and off the pitch. We're more accessible than the top male players, which means we have the chance to share our experiences face-to-face in schools and communities.

If our success makes one person change their mind about women playing football, whether it's a parent, teacher or volunteer at a grass roots club, then we've made a difference to the future.

I want girls to grow up knowing they can have the same opportunities as boys. If I'd listened to the people who told me that girls can't play football when I was younger, I would not have got here. I want to tell them: don't let anyone set limits for you. Set your own goals, and never let anyone tell you that you can't do something.

### 'Women were being dismissed, ignored or disbelieved'



*Her Everyday Sexism Project has been described as one of the biggest social media success stories on the internet, but feminist writer Laura Bates is not satisfied. While the horror stories of abuse go on, she says, there is much work still to do*

**W**hen I launched a simple website where people could share experiences of gender inequality, I'd hoped that perhaps 50 or 60 women would add their stories. I never dreamed that, three years on, 100,000

[CONTINUED FROM PREVIOUS PAGE] entries would have poured in from all over the world.

I'm often asked why the Everyday Sexism Project took off as it did, and the answer is simple. When I first spoke about it on the radio, a woman emailed to say she'd heard the interview in the car with her 12-year-old daughter, who'd poured out horrendous stories of sexism at school. When I went on TV, the make-up artist backstage told me about a friend trapped in a violent relationship. When I wrote a book, my copy editor left margin notes about discrimination she'd encountered. Everybody had a story, but they weren't being told. Women who tried to speak were being dismissed, ignored or disbelieved.

On social media, over 250,000 people started following, enabling the project to grow internationally. Men emailed to say it had opened their eyes and changed their behaviour; that they'd started standing up to harassers or talking to their sons about consent. Women reported assaults or discrimination cases because the project gave them the strength to realise they weren't alone and weren't to blame. Older women wrote pages about their experiences. One said, 'I have too much to say in a small box. Here are some highlights arranged by decade.' I was shocked by the stories from girls of just 10 or 11 about being groped and harassed at school.

We've used the entries to lobby politicians, to work with schools and universities, and even to collaborate with the United Nations on tackling gender inequality. But there is so much more to do. I'm working with police forces on tackling sexual offences and calling on the Government for mandatory education on sex and relationships. But the biggest shift has to come from individuals. The standard we walk past is the standard we accept. We all need to raise our voices and speak out.

**'There has been no struggle for women's rights without resistance'**



*Every day, Sara Khan witnesses gender inequality through her work with Inspire, a counter-extremism and human rights organisation for British Muslim women. It's dangerous work, she says, but the fight must go on*

**I** have always struggled to accept the injustice of gender discrimination, and the belief among some Muslim communities that God sanctioned such discrimination. But I was fortunate - I had parents who believed in women's rights and encouraged my activism. And I realised early on that the male scholars who interpreted Islam's religious texts would inject their own patriarchal world view rather than recognise that Islam encourages the equal participation of women in all spheres of life.

For 20 years I worked with British Muslim communities, and was frustrated that many continued to ignore or even condone that inequality. I was also alarmed about the rise in extremist interpretations of Islam. This reality was brought home when ISIS declared its caliphate in 2014 and we have now seen at least 60 women, and girls as

## If Einstein is the stereotypical image of a physicist, it isn't surprising girls don't see it as a career possibility'

young as 15, leave the UK to join it.

There are a multitude of reasons why these women join ISIS. Many believe there is a religious obligation to live in this so-called Islamic State. Others see patriarchy as the norm. Ironically, they may even view it as liberating, because it allows them to live out what they believe to be their true gender roles. As a woman of faith and feminism, I recognise that challenging patriarchy is a battle that continues, whether in the boardroom or in the mosque, whether in politics or in the Church. Educating Muslim girls that patriarchy is not the Islamic way is key to dismantling ISIS's narrative. Doing this as a Muslim woman brings challenges - abuse and threats are to be expected. But as history testifies, there has been no struggle for women's rights without resistance. Today, there are thousands of men and women across the world who are making a stand for equality, including many Muslims. I believe change is possible - we just have to keep on fighting and struggling.

**'It's not surprising that female science professors are a rare breed when less-qualified men get parachuted in over you'**



*The recent row that erupted about sexism in science should have been a catalyst for change within the industry. But, says leading scientist Dame Athene Donald, the outrage has fizzled out and needs to be reignited*

**B**ritish Nobel Prize winner Tim Hunt was reportedly reported to have said: 'Let me tell you about my trouble with girls. Three things happen when they are in the lab: you fall in love with them, they fall in love with you and - when you criticise them - they cry.' This partial quote, taken out of its full context appeared to highlight the sexism that still lingers in our laboratories.

I'm a female physicist, and we remain a rather rare breed. But since Einstein seems to be the stereotypical image of a physicist, it isn't surprising that young girls don't immediately see that as the career for them.

Why? Well, science is a demanding taskmaster. If unconscious bias by both men and women makes it hard to be assessed fairly, progression is difficult. If your hard work is overlooked or attributed to another, your skills are effectively devalued. And if, as you progress up the academic ladder, your voice isn't heard and less-qualified men get parachuted in over you, then it's perhaps not surprising the number of female professors of science remains stubbornly low.

That's why I'm calling on everyone to pledge Justaction4WIS (Just One Action For Women In Science). You don't have to be a scientist: parents can check that girls and boys are equally encouraged to pursue physics and maths, or challenge schools that offer stereotypical work experience placements.

Tim Hunt has actually spent his life supporting women. Even if his remarks were unwise, he was the wrong target for such anger. Our society, with the Government's stated aim of improving our innovation capability, needs a diverse scientific workforce. As L'Oréal says: 'The world needs science, science needs women'. □

A color photograph of a family of three walking through a field of tall, green grass. On the left, a man carries a young boy on his shoulders; both are wearing light-colored, patterned sweaters. On the right, a woman walks alongside them, wearing a long, cream-colored patchwork cardigan over a white turtleneck and white trousers. They are all smiling.

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# Grief... AND HOW WE COPED

*There is no simple solution to surviving the death of someone you love – but are there ways to make life more bearable?*

*We asked three women, all of whom have experienced terrible loss, how they navigated the months that followed...*



# 'Having no regrets is a great comfort'

**Losing both her mum and dad in her 40s left Carol Dyce an adult orphan. Here she explains how it hurts to feel parent envy, but how she has found a way to live with the pain**

I used to wonder when I'd feel like a grown-up. Work, marriage and motherhood didn't do that for me. Even my dad dying still left me feeling like a fledgling adult for one simple reason - I had my mum. But once you've lost one parent, the clock is ticking. Now you know that primal pain, you dread the day you'll lose the other.

Widowed at 59, Mum felt like a part of her was missing. She'd been with Dad since she was 19. But that little Kerry woman we teased for getting her words mixed up had an inner core of strength - she was our mum.

Hand-in-hand with grief is the heightened sense that life is for living. Together with my sister, Linda, and our children, we created as many happy memories as we could. Mum gave us away at our weddings and we went on holidays together.

While it's my great sadness that Dad never knew my children, it's my great joy that Mum did. They adored their Nanny. We had peace of mind going back to work, as Mum looked after them - they gave her a new lease of life.

Then, six years ago, after a cinema trip, I switched my mobile back on and saw five missed calls from my sister. I just knew. My mum had died suddenly at home from a heart attack at the age of 68. I remember thinking, 'It's happened. The day I've dreaded is here.' At 46, I was an orphan. An adult orphan who was finally all grown up.

Linda and I clung to each other physically and emotionally. While my husband was hugely supportive, we had the bond of a shared childhood. My sister was my parents' greatest gift to me. I can't imagine what it would have been like not to have been able to say, 'Remember when...'

To have lost both parents while only in my 40s, made me all too aware of my own mortality.

Clearing out Mum's house - our childhood home - sifting through her belongings, was hard. As we looked at old photos, one minute we'd be in tears, then hysterical giggles.

For months, we couldn't bear to part with anything. I remember keeping a comb with a few wisps of Mum's hair, her asthma inhaler and a whole pile of Dad's old papers because his handwriting was on them. I boxed things up and put them away out of sight until I felt up to it.

Each first after her death - birthdays, Christmas, anniversary - was awful. I got through them by sharing those happy memories we'd banked. Balm for the soul.

Grief is messy, with no right or wrong, and pain is the price of love. Seeing Mother's Day and Father's Day cards in the shops still hurts. And it seems strange celebrating my birthday without the woman who gave birth to me. On the anniversary of their death or a birthday, I light a candle at home.

While I've moved on from that half-demented raw grief, there are still days when it feels like yesterday. In some ways, it's worse with the passing of time because it's longer since I've seen them. I have parent envy. I loved seeing Mum with her grandchildren and while I sympathise with the Sandwich Generation stretched between children and elderly parents, it's better than the alternative.

I found going for long walks really helped me start to deal with my grief. I'd go off for hours in the park or along the river towpath. Somehow being close to nature soothed me, and walking for miles helped me to process my jumbled thoughts. I also coped by talking about them a lot - especially to the kids about Mum, as they had known her.

You never get over grief, you simply learn to live with it. It becomes part of you. Having no regrets is a great comfort. After Dad died, I vowed to cherish Mum even more. We weren't perfect, but we knew that we loved each other.

When a priest came round to give my dad the last rites, he said he found him cradled in love. I still feel cradled in my mum and dad's love. And that's what helps with my grief most. Being my parents' daughter.



Carol with her mum and sister, Linda, at her wedding in 2001



Carol (left) with Linda: 'She was my parents' greatest gift to me'



Carol at the age of one with her mum...



... and with her own daughter, Molly



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let's feel good

# 'Our bodies only give us as much pain as we can bear'

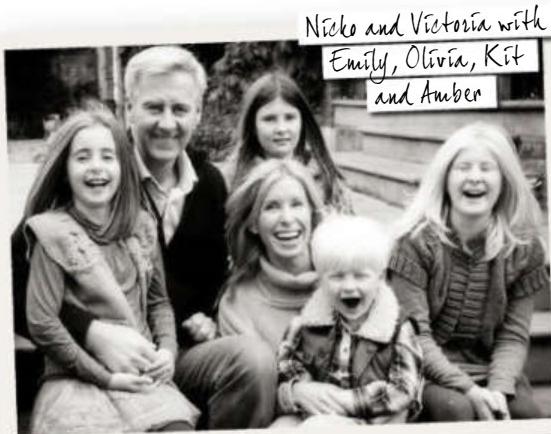
**Two years ago, Victoria Milligan was plunged into unimaginable grief when a family boating trip went tragically wrong. But, she says, it's possible to find a way through even this level of loss...**

**O**n a stunning sunny May bank holiday, I was enjoying the weekend with my family in Cornwall. But that afternoon we were involved in a tragic speedboat accident and by that evening, I was at Derriford hospital in Devon – my husband Nicko and Emily, our eight-year-old daughter, were dead and I had lost the lower part of my left leg. In a few minutes, life as I knew it was over. I had gone from being a happily married mother-of-four to a widow, bereaved mother, single parent and amputee.

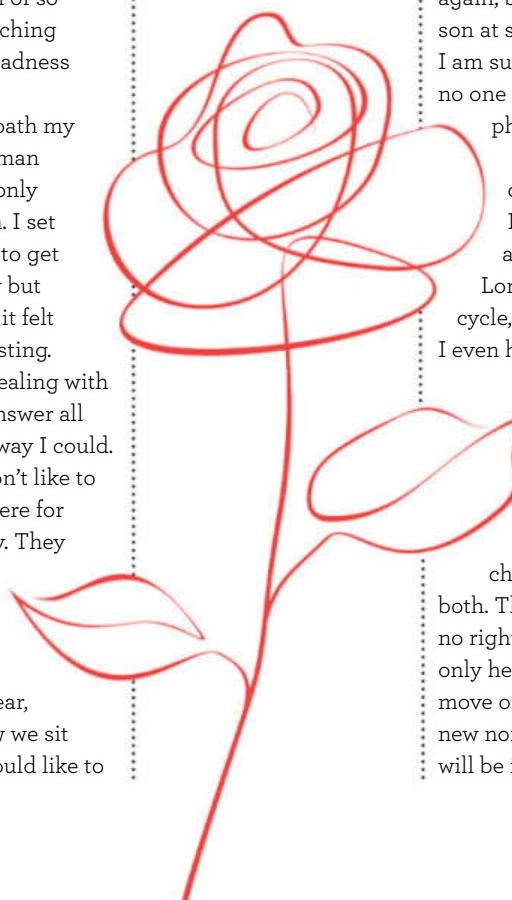
I was so terrified of the pain of grief. How would I cope with that level of loss? But in those first few days and weeks, the numbing blanket of shock cushioned me from the reality of the situation. I learnt that early grief is just about going through the motions – eating, getting dressed, looking after the children – and somehow I did these things without really remembering having done them. Grief is also exhausting. My mind was full of so many different emotions: fear, anger, searching for acceptance and, of course, desperate sadness and longing.

Having been terrified of the unknown path my grief would take, I discovered that the human survival instinct ensures that our bodies only give us as much pain as we can cope with. I set myself very small milestones to aim for – to get through the next hour or day – and slowly but surely I realised I was coping. Eventually, it felt like I was living again and not merely existing.

One of the hardest things for me was dealing with the grief of my three children. I tried to answer all their questions and comfort them in any way I could. Children jump in and out of grief, they don't like to be sad for long, but it's important to be there for them and answer their questions honestly. They need to feel safe and loved and able to talk when they want to. The charity Child Bereavement UK also helped me understand the importance of preparing for the difficult days that punctuate the year, like birthdays, Christmas and Easter. Now we sit round as a family and discuss what we would like to



*'There is no shortcut through grief and there is no right or wrong way to grieve'*



do on Daddy's or Emily's birthday and make a plan together.

Losing a child is the worst grief we can face and Emily dying will always be my greatest loss. Every child who dies is a lost bundle of potential. I will always be looking at her friends and wondering what she would look like now,

aged 11 and all excited about going off to her new school. But in reality she will always be eight years old, and I try to comfort myself with the knowledge that we gave her an incredible eight years on this earth. As it says on her gravestone, 'As is a tale, such is life; not how long it is, but how good it is, is what matters.'

It is so important to have something to get up for. It doesn't matter what it is, but we all need some structure and focus in our life. I was determined that something good had to come out of something so awful. I wanted a lasting legacy for Nicko and Emily, so I threw myself into fundraising. Unless you've been in a trauma situation, you don't realise how vital the rescue services are. To date we have raised £750,000, which has been split between the RNLI and Cornish Air Ambulance, as well as Child Bereavement UK.

I craved routine in my daily life, too, and four months after the accident I returned to my job as a personal trainer. I was still learning to walk again, but it helped me immensely to drop my son at school and then have something to do. I am such a strong believer in the power of exercise: no one ever feels worse after it, only better – both physically and mentally.

For me, losing my leg came at the end of my list of losses, it is just something I have to cope with. Prosthetics these days are incredible and, with the help of The London Prosthetic Centre, I can now ski, run, cycle, and teach spinning and personal training. I even have a high-heeled leg, which makes me feel incredibly feminine. The silicone covers are so realistic that people actually can't remember which leg it is that I have lost.

Losing a child is every parent's worst nightmare and losing a parent is every child's worst nightmare. My family has suffered both. There is no shortcut through grief and there is no right or wrong way to grieve. Time really is the only healer and we must face the pain in order to move on. And so we are learning to live with our new normal. Nicko and Emily have gone, but they will be in our hearts and minds for ever.

# 'Grief never disappears – so be kind to yourself'

**For 15 years, Helen Lewis and her best friend shared an incredible and unusual bond. So how did Helen cope when Dai was suddenly no longer by her side?**

**H** I got what every little girl dreams of – my best friend became my sister. I met Dai Fitzpatrick at university, when we were both 18. We shared a student house, I fell in love with her brother and, when I married him, she was my bridesmaid. I was her bridesmaid, too, and, later, we had our first babies just a month apart. I was godmother to her third daughter. And then, at the age of 33, she suddenly died.

Dai was unlike anyone I'd ever seen when we met. She had spiky, white-blonde hair and beautiful, big blue eyes made even more stunning by perfect and bold make-up. We were inseparable from the start, and then her brother Scott visited Dai at uni and the bond was cemented. When we got engaged, Dai was the first person we told.

The years passed. By 2014 Dai was living in Wales, while we returned to Kent. Between us, we had five baby girls. And then one February night, Dai put her three daughters to bed, came downstairs, sat on the sofa next to her husband and said she felt unwell. She collapsed, had an epileptic seizure and passed away.

Grief in the immediate phase is powerful and raw. At the funeral, I hid away, I couldn't face the chats about happy times and memories that other people seemed to manage. Scott and I would spend most evenings trying to comfort each other, but one of us would always end up in tears. I found myself trying to hide my sadness

from my two children, Ellie and Macy. I felt trapped by my grief.

I needed to do something, so I booked a sky dive to raise money for SUDEP Action (Sudden Death in Epilepsy). I jumped out of that plane and felt more alive than I had in a long time.

Making plans, remembering Dai – it all kept me going. On my wedding anniversary last July, I got a butterfly tattoo on my arm in her honour. It seemed a fitting tribute. Her parents thanked me for thinking of her, but, in truth, I still think of her every day.

I had a lot of questions. Why did she die instead of me? What would have happened if I had died? I sorted out a will and life insurance. I asked some close friends to come on holiday with me. I needed more to look forward to.

I wanted to find someone to talk to outside my friends and family and so I sought counselling. What started as a six-week session turned into six months and it helped me get some clarity. I even spoke to a psychic medium, which was an experience that stayed with me for a long time and I'm not sure I'll ever be brave enough to do it again.

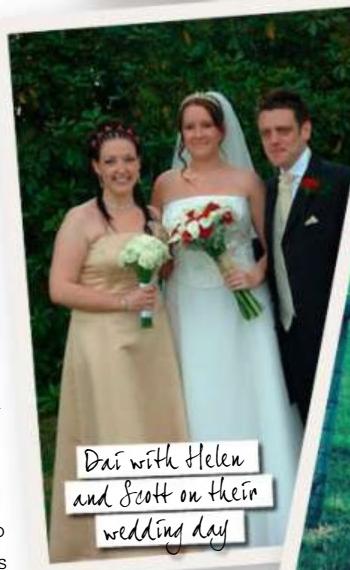
I still think of Dai every day but I don't cry every day. I don't think grief ever really disappears – you just learn to live with it in your own way. I still feel angry when I think about what she's missing out on. My birthday reminds me that I'm a year older – a year she won't get to be – but I plan to live my life in a way that she would be proud of.

Most of all, it's important to be kind to yourself. I'm trying to care less about what people think I should be feeling 'by now' and ignoring the 'she wouldn't want you to be sad' comments. There is no deadline on grief and repressing your feelings will not help. In the end, the only thing you can give yourself is time. □

*'I plan to live my life in a way she would be proud of'*



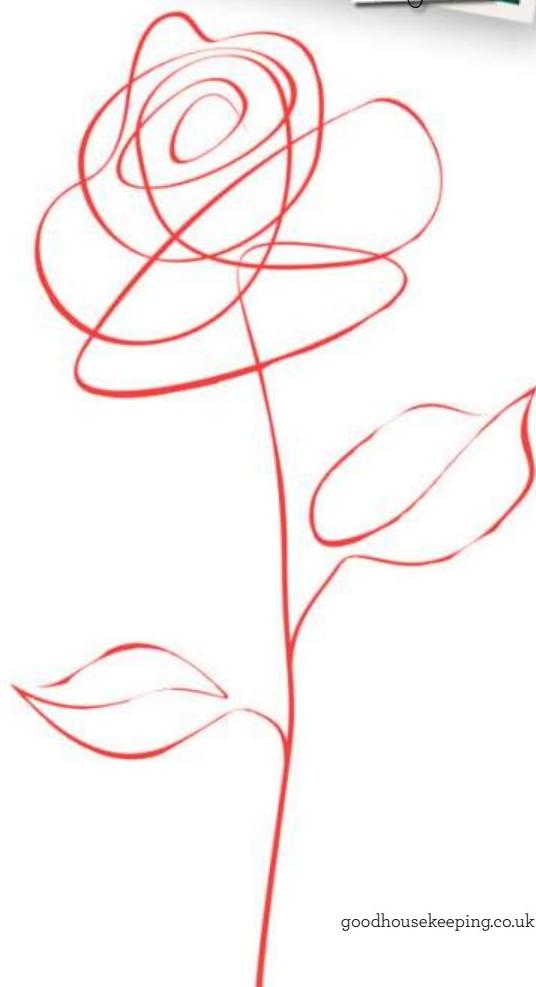
Happy memories: 'Dai had an infectious giggle and a huge smile,' says Helen



Dai with Helen and Scott on their wedding day



Moral support: Helen with her daughters at her sky dive



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## Erica Jong

# 'No more Fear Of Flying – bring on middle age!'

Her female coming-of-age tale, *Fear Of Flying*, put men on alert that women enjoyed sex just as much as they did. Now, 40 years later, author Erica Jong is returning to the subject. She spoke to GH about love, divorce, and coping with drug abuse in the family...

**W**hen your mother is very conscious of having been held back, you know you're going to be a feminist. Mine was a painter, and was told at art school that she was the best in her class but wouldn't win prizes, because she would waste it all and have children. I was always aware that it was a struggle to fulfil yourself intellectually and artistically when you're a woman.

**Being in your 20s is difficult for everyone.** We're supposed to be grown up, but we're not. We're supposed to know what we want to do, but we don't. And we don't understand how to live our lives. I think it's important that *Fear Of Flying* takes place when the heroine is just about to turn 30. It's very much a book about learning.

**Having a starter marriage that doesn't work is invaluable.** I was first married for two years, and I learnt I couldn't trust myself to make good decisions. I was very driven in my work, but my judgement about men and my future was not so great. Intelligence is the most attractive quality. All four of my husbands were very intelligent, and that is what I was attracted to. I just felt more comfortable with someone who was very bright.

**It's important to keep each other balanced.** I've been married for 26 years now. My husband is very funny, very clever and a big reader, and we have that in common. But we keep each other balanced – he's an optimist and I'm a pessimist. Sometimes I think I married him because he's so hopeful. We both enjoy sailing and at one time he had a little plane. He taught me how to enjoy flying, which used to terrify me. We love to travel and now we have four grandchildren who we're madly in love with.

INTERVIEW: HELEN NIJAS. PORTRAIT OF ERICA: THE WASHINGTON POST/GETTY



### For the record

\*  
Erica's semi-autobiographical 1973 book, *Fear Of Flying*, examined feminism, sex and liberation. It has sold more than 27 million copies in 40 languages.

\*  
Her latest novel, *Fear Of Dying*, is about sex and middle age

**We have to realise that our kids' decisions are their own.** My daughter and only child, Molly, was 18 when she struggled with drug and alcohol addiction and went into rehab. That situation is so difficult, because you have to be supportive but you can't say very much. In my new book, *Fear Of Dying*, I say the most important thing about being a mother is keeping your mouth shut. I was very fortunate in that my daughter made up her mind she wanted to live. She saw friends die of overdoses and she wanted to get better. I couldn't convince her – it had to come from her. If I had been heavy handed, it would have worked the other way. She's incredibly spirited. I feel so fortunate.

**Middle age is the afternoon of life.** I love the wisdom of getting older, but hate the physical deterioration. You understand your own moods and quirks and needs. Those are good things. It's a balance of terror and delight, like so many things in life. I have to say I'm lucky to have a lot of energy.

**A feminist is someone who believes women should have the same opportunities as men.** That's it. It's such a simple thing. And even people who are afraid of the term feminist believe in equal opportunity. It's not one particular political point of view.

**It's easy to mistake sex for closeness.** When you're young, your hormones cloud your brain. But as you get older, your judgement improves. You can say, 'Okay, he's very cute, but here's what will happen if I get involved.' We do get smarter.

**Grandmothers should rule the world.** The Native American tribes had councils of grandmothers who decided on war and peace. We have a better valuation of life, and we'd be better at taking care of the world than prime ministers and presidents. □

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A woman with long brown hair is sitting on a wooden dock. She is wearing a bright yellow puffer jacket with black stripes on the cuffs and a fur-trimmed hood, a grey ribbed turtleneck sweater, and dark grey leggings. She is also wearing black boots with thick, light-colored fur cuffs. She is holding a white coffee cup with a dark blue lid to her mouth. The background shows a snowy landscape with wooden railings and a building.

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# GOOD LIFE

## THIS MONTH WITH *Kathy Lette*



Writer and comedian Kathy Lette loves girl talk – it's even the title of her new book – and told us what she will be getting up to this month...

### FILM

#### SPECTRE

The latest Bond film sees 007 setting out on a personal mission – I'd like to see a Jane Bond picking whichever toy boy she wanted! Monica Bellucci also stars in this one and she's a good age... It's a step in the right direction. And Daniel Craig definitely has pecs appeal – who can forget him in his budgie smugglers!



'Daniel Craig definitely has pecs appeal'

#### THE INTERN

How the tables have turned since Anne Hathaway appeared as a fashion magazine assistant in *The Devil Wears Prada*... Now she's playing the head of a fashion company who hires senior citizen Ben (Robert De Niro) as an intern! It's great to see a woman propelling the storyline, and this sounds like a quirky, unpredictable premise.

### TV

#### JEKYLL & HYDE

This new spin on the classic horror story is set in 1930s London. The original doctor's grandson (Tom Bateman) is trying to uncover his family's past, unaware that he has inherited the curse. I think the menopause makes you a bit like Jekyll and Hyde – more ferocious. Sometimes it's a good thing!

#### THE DRESSER

Sirs Ian McKellen and Anthony Hopkins star in this BBC adaptation of Ronald Harwood's play about an ageing actor and his devoted dresser's attempts to stage King Lear during the Blitz. What a brilliant combo.



### MUSIC

#### ELLA HENDERSON

Since coming sixth in 2012's X Factor, Ella has had a number one album and is going on tour in the UK this Autumn. I watched the programme when my good friend Dannii Minogue was a judge, and I support any woman trying to make it in a man's world.

### THEATRE

#### MARY POPPINS

Adapted from the book by my fellow Australian, PL Travers, this musical about the magical nanny who inspires her charges starts a UK tour in Leicester. Everyone loves Mary, but I think perfect mother figures can only exist in fiction –

any mother who says she copes all the time must be lying!



Supernanny: Poppins on stage

### EXHIBITIONS

#### CHANEL: MADEMOISELLE PRIVÉ – THE SAATCHI GALLERY

13 OCTOBER TO 1 NOVEMBER

A retrospective of the famous fashion house, including insights into the life of its mysterious founder, Coco Chanel. She inspired us all when she invented the Little Black Dress – and we want to see all the other clothes, too.



#### LEE MILLER: A WOMAN'S WAR – IMPERIAL WAR MUSEUM LONDON

15 OCTOBER 2015 TO 24 APRIL 2016

Lee Miller worked as a fashion model in the 1920s, before becoming a combat photographer in World War II. It's always been a male-dominated field, and

I'm interested to see how her feminine eye brought something different to the way she depicted conflict.

### BOOK

#### KATHY LETTE'S GIRL TALK

I had such fun writing this book. I love girl talk and I love one-liners. Women are much more verbally dexterous than men: we shoot from the lip! These are just fun little things to take in your bag and make you laugh, and to give you a bit of ammunition in the battle of the sexes.

### EVENT

#### THE TIMES CHEL滕HAM LITERATURE FESTIVAL 2 TO 11 OCTOBER

There's an amazing line-up this year – India Knight, Bill Bryson and Meera Syal to name a few. I go every year and I love it! My favourite-ever speaker was Germaine Greer. She's forthright, fierce and fabulous – a feminist icon. If I have any talent as a writer, it's putting down in words what women are thinking. □

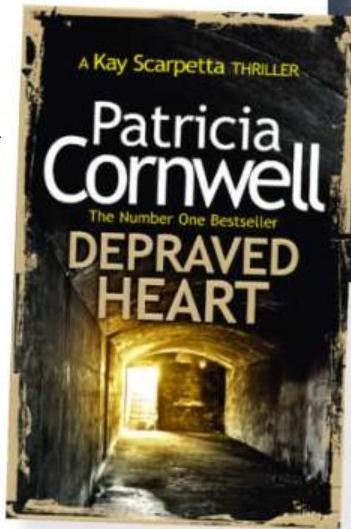
# An evening with Patricia Cornwell and **Good Housekeeping**

Don't miss this chance to step into the thrilling world of crime fiction with Patricia Cornwell, the queen of cutting-edge forensics

**S**pend an evening on the edge of your seat with one of the bestselling crime authors in the world. Patricia Cornwell will be revealing the meticulous research that goes into the cunning twists of her bestselling novels, and sharing the inspiration behind her iconic forensic expert, Dr Kay Scarpetta.

As well as an insight into the imagination that has put Patricia at the top of her field, she will be giving us a sneak peek into her eagerly anticipated new novel, *Depraved Heart*. There will also be a chance to ask questions.

Pre-signed copies of *Depraved Heart* will be available to buy, in an exclusive canvas bag with a Scarpetta patch that fans will love. Start stacking up your Winter reads and reserve your place now.



Behind the  
crime scenes:  
a conversation  
with Patricia  
Cornwell

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# Bookshelf

Good Housekeeping

We bring you our favourite new hardbacks, paperbacks and e-books – from light-hearted fiction to literary gems

For more book news and reviews, visit [goodhousekeeping.co.uk/editors-choice-book-reviews](http://goodhousekeeping.co.uk/editors-choice-book-reviews)

## ON MY BEDSIDE TABLE

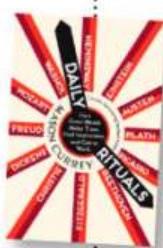
### Audrey Niffenegger



Her debut novel, *The Time Traveler's Wife*, made us cry – but which books move Audrey Niffenegger? As we look forward to reading Ghostly, her collection of scary stories, she shares her five most recent reads.

◆ **SARAH WATERS** is a masterful writer and especially wonderful at creating odd but real characters. *THE PAYING GUESTS* is set in between-the-wars South London, where a mother and daughter take in lodgers to make ends meet. Affections develop between unlikely partners, there is betrayal and violence and intense feeling stamped down until it explodes.

◆ I have been looking at



**SALLY MANN**'s photographs for many years. In her autobiography, *HOLD STILL*, she writes about her marriage, her family, her art; these things are inseparable, and it's an education to read how each image came into being.

◆ I'm always happy to discover a writer like **NELL ZINK**, who makes it look so easy. Her first novel, *MISLAID*, is quirky, perverse, and very funny.

◆ **DAILY RITUALS** by **MASON CURREY**

is a collection of descriptions of the daily routines of hundreds of writers, philosophers, composers and artists. For some reason this is riveting and delightful: I love knowing that Honoré de Balzac drank up to 50 cups of coffee a day.

◆ Brilliant and original, *GET IN TROUBLE* by **KELLY LINK** transcends science fiction – it's in a category of its own. Her short stories make me unbalanced: they're familiar, but something's always a little wrong.



## Good Housekeeping's HOT READS



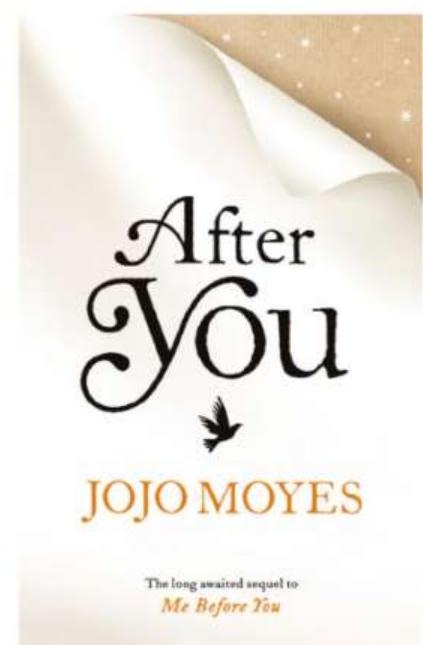
- ◆ Two crime novels under the pseudonym **Robert Galbraith** have been hits for Harry Potter creator JK Rowling. Now detective Cormoran Strike and his assistant, Robin Ellacott, return in *Career Of Evil*, which finds the pair caught up in a killer's sadistic game.
- ◆ A new novel from **Margaret Atwood** is bound to cause debate. In *The Heart Goes Last*, a homeless couple

- sign up for a social experiment: they're given a home if they swap lives for a time with a couple in prison – with dramatic results.
- ◆ **Jeanette Winterson** launches the Hogarth Shakespeare series, in which writers re-imagine the Bard's plays. *The Gap Of Time* is her take on The Winter's Tale. A hedge fund manager is tortured by thoughts that his wife is having an affair.

## Book of the month

Readers fell head over heels for **JOJO MOYES'** unlikely love story in *Me Before You*. She hadn't planned to write a sequel but after requests

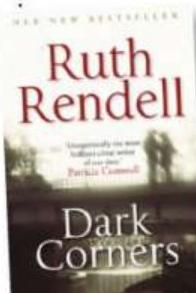
from the book's many fans, she's picking up the story of Lou and Will again. In *AFTER YOU*, Lou is swamped by grief and struggling to get through the days – until a teenage girl, claiming to be Will's daughter, turns up on her doorstep. A deeply satisfying book full of big emotions.



# Bookshef

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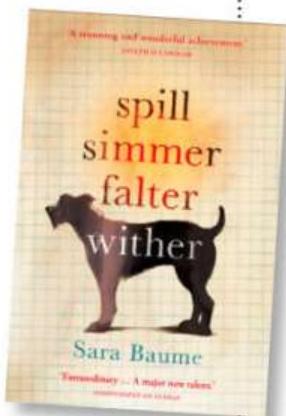
## THRILLERS OF THE MONTH



◆ Much-loved author **RUTH RENDELL** died this year but left **DARK CORNERS**, one final crime novel. When a man sells diet pills to a friend, it sets off a chain of events that lead to murder. As tautly plotted and suspenseful as her others.

◆ Did you love **Prime Suspect**? In **TENNISON, LYNDY LA PLANTE** turns back time to 1972, when a 22-year-old Jane Tennison is leading her first murder investigation.

◆ In **THE DROWNING LESSON, JANE SHEMILT** builds layer upon layer of tension. A family's dream adventure abroad turns into a nightmare when their baby son goes missing. A claustrophobic read.



## ONES TO WATCH

◆ The growing bond between a lonely man and the dog he adopts is at the heart of **SPILL SIMMER FALTER**

**WITHER**. This debut by **SARA BAUME** is a quietly wonderful book.

◆ **CITY ON FIRE** is ingeniously told from the alternating perspectives of a cast of characters linked by the shooting of a teenage girl in 1970s New York. This sprawling doorstop of a book by **GARTH RISK HALLBERG** is ambitious and assured – and stunningly good.

## Best non fiction



◆ The first book from **EDMUND DE WAAL**, **The Hare With The Amber Eyes**, was a surprise hit. He returns with **THE WHITE ROAD**, another quirky memoir that engagingly weaves together a history of porcelain with his personal history.

◆ Anyone needing a push to be more creative should read **BIG MAGIC** by **ELIZABETH GILBERT**. The author of Eat Pray Love challenges readers to face their fears, become more adventurous and find what they most love doing.



## Also out THIS MONTH

◆ Anna has always been happy to hide in the shadows, but a mysterious benefactor starts sending her presents and it kick-starts a reinvention. **A PARCEL FOR ANNA BROWNE** is a heart-warming delight from **MIRANDA DICKINSON**.

◆ According to Sheryl Sandberg, we should all be leaning in. But what about in family life? In **UNFINISHED BUSINESS, ANNE-MARIE**

**SLAUGHTER** offers an alternative vision of getting ahead at work – and home – for working parents.

◆ In **THE STOLEN QUEEN**, a young girl is married off to the king in a game of political chess. **LISA HILTON**'s excellent historical

fiction is full of drama and passion.

◆ A struggling artist is swept off her feet when her gallery-owner boyfriend suggests a move to Paris – but he hasn't been totally honest about the other women in his life.

**PARIS, HE SAID** is an elegant novel by **CHRISTINE SNEED**.

◆ In **THE LAKE HOUSE, KATE**

**MORTON** has created an atmospheric mystery about an abandoned house where a child went missing 70 years before.

◆ Agony aunt **BEL MOONEY** shares advice based on her own experiences of heartbreak and hard-won wisdom in **LIFELINES**, an anthology to dip into when times are tough.

## Good Housekeeping READER RECOMMENDED

Look out for the Reader Recommended logo on books read and loved by a panel of GH readers. Here are three they enjoyed this month:

◆ **MEET ME ON THE BEACH** by **Hilary Boyd**

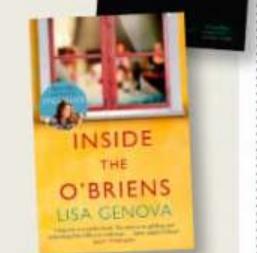
'An excellent book with an unexpected ending that reduced me to tears.'

◆ **WOLF WINTER** by **Cecilia Ekback** 'It

transported me to village life in 18th-century Sweden and engulfed me in its dark, menacing atmosphere.'

◆ **INSIDE THE O'BRIENS** by **Lisa Genova** 'The

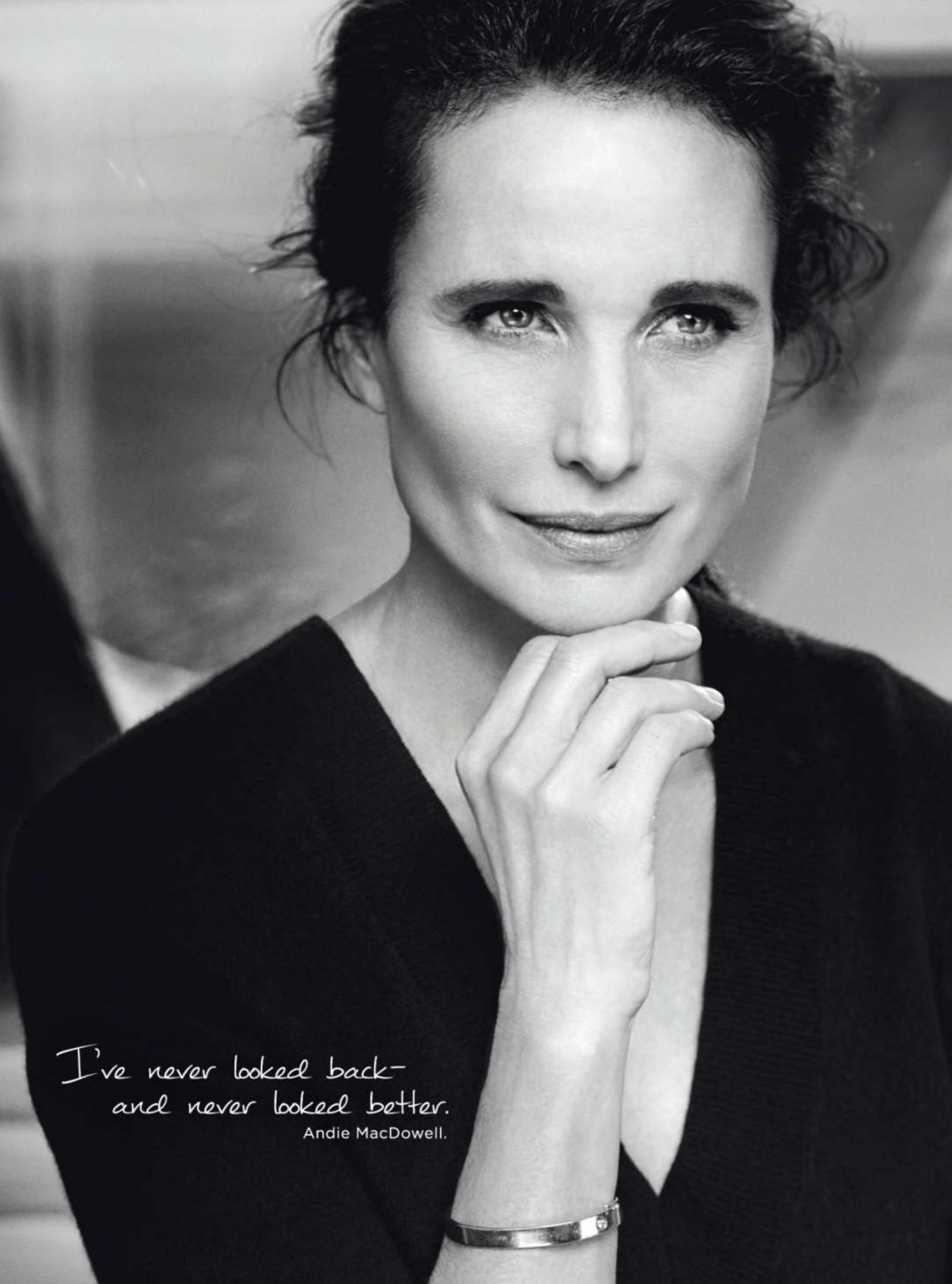
characters are skilfully drawn and I have learnt a lot about the awful disease that is Huntington's while being carried along by the plot. The best read of this year – and I read a lot.' □



\* Love books? Join Good Housekeeping's online reading group at [facebook.com/groups/GoodHousekeepingBookRoom](http://facebook.com/groups/GoodHousekeepingBookRoom) for book chat, giveaways and more.



FORGET LOOKING 'GOOD FOR YOUR AGE'.  
LOOK BETTER THAN EVER.



I've never looked back-  
and never looked better.

Andie MacDowell.

SKIN LOOKS BETTER THAN EVER.  
82% OF LASER RENEW USERS AGREE.

# REVITALIFT LASER RENEW

RE-FIRMED, REFINED, WRINKLES APPEAR REDUCED

■ THE SCIENCE

3% PRO-XYLANE: OUR HIGHEST CONCENTRATION.

■ SPECTACULAR RESULTS

CLINICALLY PROVEN TO REDUCE THE  
APPEARANCE OF WRINKLES.  
SKIN LOOKS RE-FIRMED AND REFINED.

■ PROVEN EFFECTIVENESS

IN OUR STUDY OF 134 CURRENT  
LASER RENEW USERS, 82% AGREE  
THEIR SKIN LOOKS BETTER THAN EVER.

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# The great GH GIFT GUIDE

And so it begins...  
the build up to our  
favourite time of year.  
The shop windows  
are filling with  
Christmas goodies,  
online retailers are  
bombarding us with  
gift ideas, but what to  
choose? Why not let  
GH take the strain!  
Our experts and  
GHI testers have  
searched the high  
street and internet for  
inspirational ideas to  
take the hard work out  
of the year's biggest  
spending spree. From  
stocking fillers  
to special treats  
for you and  
your loved ones,  
there's sure to  
be something  
for everyone  
in your life...

PHOTOGRAPHY: MARK SCOTT. MODELS: ALLEGRA DU TOIT AT KIDS LONDON LTD, ZACHARY WALMSLEY AT BRUCE AND BROWN



Pick a gift  
they'll love  
this Christmas





**KEYRING**  
£4.50, Cath Kidston ([cathkidston.com](http://cathkidston.com))



**HAPPY BEAR BIKE TIN**  
£3.50, Sass & Belle ([sassandbelle.co.uk](http://sassandbelle.co.uk))



### COOKERY DIRECTOR'S CHOICE

**DECORATE YOUR OWN GINGERBREAD HOUSE**  
£4, Tesco ([tesco.com](http://tesco.com))



**MARY BERRY BELL**  
£4, Sainsbury's ([sainsburys.co.uk](http://sainsburys.co.uk))



**INSIDE OUT HAIR TIES**  
£5, Disney Store ([disneystore.com](http://disneystore.com))



**YARDLEY ENGLISH ROSE CRACKER SET**  
£4, Boots ([boots.com](http://boots.com))



**TABASCO CHOCOLATE TIN**  
£4.95, Sous Chef ([souschef.co.uk](http://souschef.co.uk))



**XMAS SELFIE STICK**  
£1, Poundland ([poundland.co.uk](http://poundland.co.uk))



**BY SAINSBURY'S COPPER-COATED COOKIE CUTTERS**  
£2.60 each, Sainsbury's ([sainsburys.co.uk](http://sainsburys.co.uk); available from 2 November)



**HELLO GORGEOUS MUG**  
£3.50, Sainsbury's ([sainsburys.co.uk](http://sainsburys.co.uk))



**BADGER CUTICLE CARE CREAM**  
£3.99, Feelunique ([feelunique.com](http://feelunique.com))



**FLUTED VOTIVE**  
£4.95, National Gallery Company ([nationalgallery.org.uk](http://nationalgallery.org.uk))



**GIANDUJA BAR**  
£3.95, Carluccio's ([carluccios.com](http://carluccios.com))

# The great GH gift guide



**RHS LOST IN THE GARDEN MUG**  
£5, Sainsbury's ([sainsburys.co.uk](http://sainsburys.co.uk))



**DARK CHOCOLATE BAR**  
£1, Whittard ([whittard.co.uk](http://whittard.co.uk))



**BOUTIQUE MINI CANDLE**  
£3, Next ([next.co.uk](http://next.co.uk))



**UNDER  
£5**



**SNOWMAN TIE**  
£1, Poundland ([poundland.co.uk](http://poundland.co.uk))



**CORNISH CRUNCHER WITH  
BALSMIC ONION**  
£5, Marks & Spencer ([marksandspencer.com](http://marksandspencer.com))



**MINIONS CARRY-ALONG  
COLOURING SET**  
£1, Poundland ([poundland.co.uk](http://poundland.co.uk))



**ROLL YOUR OWN PASTA ROLLING PINS**  
£4.50 each, Sous Chef ([souschef.co.uk](http://souschef.co.uk))



**CINDERELLA LIP BALMS**  
£3 each, Marks & Spencer ([marksandspencer.com](http://marksandspencer.com))



**TRAVEL CARD HOLDER**  
£4.99, Gisela Graham ([giselagraham.co.uk](http://giselagraham.co.uk))



**KAFFE FASSETT  
SCENTED SACHET**  
£4, Heathcote & Ivory ([heathcote-ivory.com](http://heathcote-ivory.com))



**RED SWIRL YO-YO**  
£1.57, Lakeland ([lakeland.co.uk](http://lakeland.co.uk))



**BEE HAPPY EGGCUP**  
£2.99, The Oak Room ([oakroomshop.co.uk](http://oakroomshop.co.uk))



**FROZEN TOTE BAG**  
£1, Poundland ([poundland.co.uk](http://poundland.co.uk))



## DELICIOUS IN DIFFERENT WAYS

Enjoy the unique tastes of Ferrero's creamy fillings and crunchy wafer with the classic hazelnut **Rocher**, seductively dark **Rondnoir** and velvety coconut **Raffaello**.



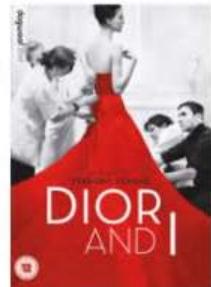
FERRERO

# The great GH gift guide

£5  
TO  
£10



**LITTLE TIN OF TREATS**  
£8, Sanctuary Spa ([sanctuary.com](http://sanctuary.com))



**DIOR AND I DVD**  
£8\*, Amazon ([amazon.co.uk](http://amazon.co.uk))



**BOUTIQUE HOTEL GLASSES**  
£6 each, John Lewis ([johnlewis.com](http://johnlewis.com))



**BANNED BOOKS SOCKS**  
£8.50, British Library ([shop.bl.uk](http://shop.bl.uk))



**VASES**  
£5.99 each, Gisela Graham ([giselagraham.co.uk](http://giselagraham.co.uk))



**GOOD HOUSEKEEPING DIARY**  
£8.99 (A6 size, £10.99),  
Letts ([letts.co.uk](http://letts.co.uk))



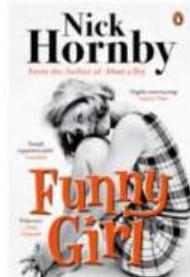
**HOME EDITOR'S CHOICE**



**BLUETIT TABLET CASE**  
£6.95, [dotcomgiftshop](http://dotcomgiftshop.com) ([dotcomgiftshop.com](http://dotcomgiftshop.com))



**BATMAN EGGCUP  
AND TOAST CUTTER**  
£6.96, Lakeland ([lakeland.co.uk](http://lakeland.co.uk))



**FUNNY GIRL BY NICK HORNBY**  
£6.95\*, Hive ([hive.co.uk](http://hive.co.uk))

**Compressed lasts  
as long as a big can.**

**Try it and join  
the 9 million women  
who've chosen it.**



**It won't  
let you down**

# The great GH gift guide



GOOD HOUSEKEEPING MEDIUM  
NON-SLIP MIXING BOWL  
£10, Sainsbury's ([sainsburys.co.uk](http://sainsburys.co.uk))



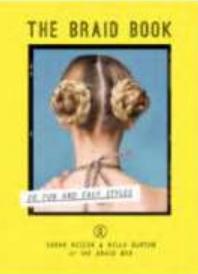
DINOSAUR MUG  
£9.97, Lakeland ([lakeland.co.uk](http://lakeland.co.uk))



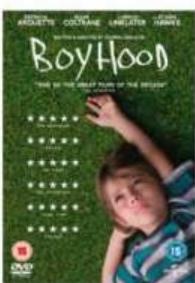
GOLD AND SILVER BANGLE  
£10, Ben de Lisi at Debenhams ([debenhams.com](http://debenhams.com))



£5  
TO  
£10



THE BRAID BOOK  
BY THE BRAID BOOK  
£8.19\*, Hive ([hive.co.uk](http://hive.co.uk))



BOYHOOD DVD  
£6.99\*, Amazon ([amazon.co.uk](http://amazon.co.uk))



ROTATING TREE BISCUIT TIN  
£10, Marks & Spencer ([marksandspencer.com](http://marksandspencer.com))



POM POM KEYRING  
£7.50, Marks & Spencer ([marksandspencer.com](http://marksandspencer.com))



SIANZENG BEAR-MAKING KIT  
£9.95, [sianzeng.etsy.com](http://sianzeng.etsy.com)



'MOST MAGICAL' CUSHION  
£8, Matalan ([matalan.co.uk](http://matalan.co.uk))



STAR WARS R2D2 TIN  
£10, Marks & Spencer ([marksandspencer.com](http://marksandspencer.com))



Tried  
& Tested  
**WINNER**  
91/100



REVOLN COLOURSTAY  
16-HOUR EYE SHADOW  
IN DECADENT  
£8, Boots ([boots.com](http://boots.com))



EARRINGS  
£6.50, Daisy and Eve  
at Evans ([evans.co.uk](http://evans.co.uk))

# The great GH gift guide

£5  
TO  
£10



DOG CUSHION  
£6, Sainsbury's ([sainsburys.co.uk](http://sainsburys.co.uk))



HERB TIN  
£8, Comptoir Libanais ([comptoirlibanais.com](http://comptoirlibanais.com))



KITCHEN GARDEN SOAP  
WITH NAIL BRUSH  
£7.95, Highgrove ([highgroveshop.com](http://highgroveshop.com))



A WHEATFIELD WITH  
CYPRESSES MUG  
£7.95, National Gallery Company  
([nationalgallery.org.uk](http://nationalgallery.org.uk))



INDULGING ALMOND BAUBLE  
£10, L'Occitane ([loccitane.com](http://loccitane.com))



LULU: MAKING LIFE RHYME CD  
£9.99\*, Amazon ([amazon.co.uk](http://amazon.co.uk))



ZACKERY PINK AND GOLD BOWL  
£10, Habitat ([habitat.co.uk](http://habitat.co.uk))



PERFECT PORRIDGE MUG  
£9.99, Lakeland ([lakeland.co.uk](http://lakeland.co.uk))



MINIONS GOGGLES  
£6, Tesco ([tesco.com](http://tesco.com))



CINDERELLA DVD  
£9.99\*, Amazon ([amazon.co.uk](http://amazon.co.uk))



KAFFE FASSETT RESTORE  
HAND CREAM  
£10, Heathcote & Ivory  
([heathcote-ivory.com](http://heathcote-ivory.com))

\*DISCOUNT PRICES CORRECT AT TIME OF GOING TO PRESS. CINDERELLA © DISNEY



# MAKING — WAVES —



IN 1956, SEABROOK INVENTED THE CRINKLE-CUT CRISP TO MAKE SPACE FOR MORE FLAVOUR.



That's why they taste so good.





Ingrid, 61 and Andrea, 34  
love their ara's.

Our day,  
our shoe.

"Padua" 42108-76  
From the "Regular Fit" collection.

Find the shoe that fits your lifestyle.  
Ask your ara dealer or visit [ara-shoes.com](http://ara-shoes.com)

Fit your lifestyle.



**ara**

# The greatest GH gift guide



**PANDORO ITALIAN BREAD**  
£16.95, Carluccio's ([carluccios.com](http://carluccios.com))



**THREE NIGHTS OF PEACE LUXURY BATH TRIO**  
£14.95, Neom ([neom.co.uk](http://neom.co.uk))



**KEYRING**  
£20, Radley ([radley.co.uk](http://radley.co.uk))



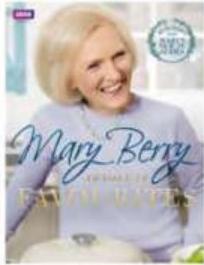
£10  
TO  
£20



**STAR EARRINGS**  
£15, Marks & Spencer ([marksandspencer.com](http://marksandspencer.com))



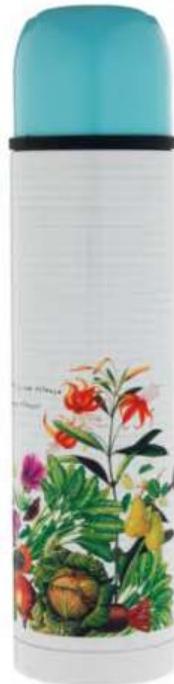
**RED DRESS**  
£19, 3mo-6yr, Next ([next.co.uk](http://next.co.uk))



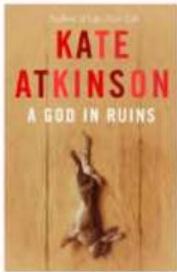
**ABSOLUTE FAVOURITES BY MARY BERRY**  
£16.19\*, Hive ([hive.co.uk](http://hive.co.uk))



**SMARTPHONE PROJECTOR**  
£17.95, Luckies ([luckies.co.uk](http://luckies.co.uk))



**RHS FLASK**  
£12, Sainsbury's ([sainsburys.co.uk](http://sainsburys.co.uk))



**A GOD IN RUINS BY KATE ATKINSON**  
£14.95\*, Hive ([hive.co.uk](http://hive.co.uk))



**V&A TROWEL**  
£19.95, Wild & Wolf ([wildandwolf.com](http://wildandwolf.com))



**IRIS DVD**  
£11\*, Amazon ([amazon.co.uk](http://amazon.co.uk))



**MACCHINETTA ESPRESSO COFFEE POT**  
£16.95, Dotcomgiftshop ([dotcomgiftshop.com](http://dotcomgiftshop.com))



**LANCÔME LE VERNIS CHRISTMAS TOP COAT**  
£13, House of Fraser ([houseoffraser.co.uk](http://houseoffraser.co.uk))



**PORT AND LEMON CHOPPING BOARD**  
£15.95, RNLI Shop ([rnlishop.org.uk](http://rnlishop.org.uk))

## COOKERY DIRECTOR'S CHOICE

# Room for you and two envious friends.



Westchester  
Fixed 3 Seater Sofa from  
**£399**

Get set for that box set marathon by sinking into the luxurious, family friendly Westchester range. With a choice of faux suede colour finishes, available with manual or electric recliner, or fixed options, you'll feel right at home. [harveysfurniture.co.uk](http://harveysfurniture.co.uk)

From our **At Home**  
COLLECTION

# HARVEYS

# The greatest GH gift guide



**LEGO STAR WARS YODA CLOCK**  
£19.99, Argos ([argos.com](http://argos.com))



**KATE SPADE NEW YORK THERMAL MUG**  
£16, John Lewis ([johnlewis.com](http://johnlewis.com))

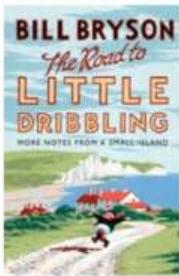
£10  
TO  
£20



**HIMALAYAN SALT PESTLE AND MORTAR**  
£16.99, Not On The High Street ([notonthehighstreet.com](http://notonthehighstreet.com))



**FUR GLOVES**  
£19, S-XL, Dents ([dents.co.uk](http://dents.co.uk))



**THE ROAD TO LITTLE DRIBBLING BY BILL BRYSON**  
£14.95\*, Hive ([hive.co.uk](http://hive.co.uk))



**LIMITED EDITION EIGHT HOUR CREAM LIP PROTECTANT**  
£20, Elizabeth Arden ([elizabetharden.co.uk](http://elizabetharden.co.uk))



**TOY CUTTING FRUIT**  
£17, Great Little Trading Company ([gltc.co.uk](http://gltc.co.uk))

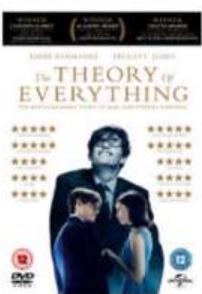


## HOME EDITOR'S CHOICE

**BEE KEYRING**  
£12.95, Highgrove ([highgroveshop.com](http://highgroveshop.com))



**POUCH BAG**  
£18, Bailey & Quinn at Debenhams ([debenhams.com](http://debenhams.com))

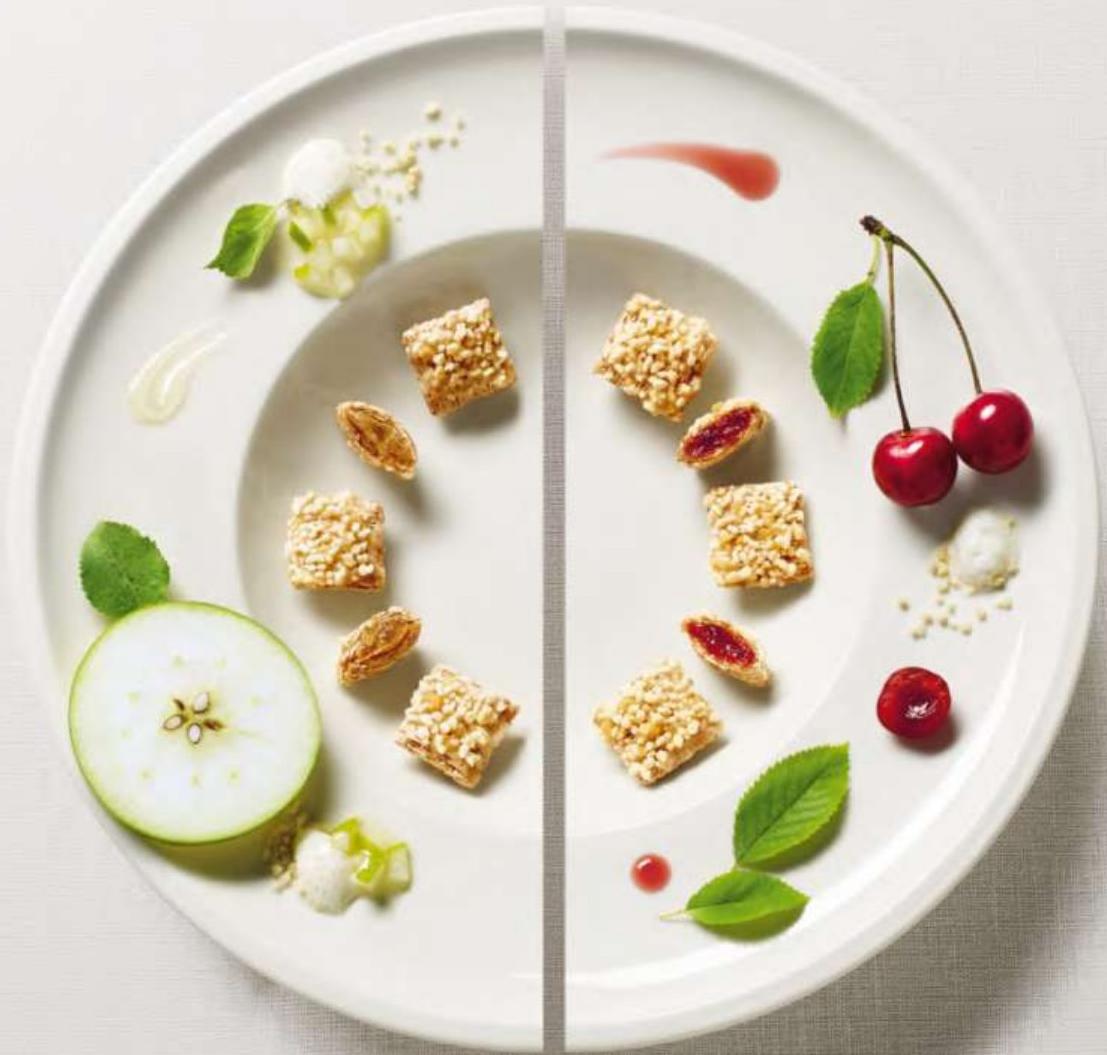


**THE THEORY OF EVERYTHING DVD**  
£11\*, Amazon ([amazon.co.uk](http://amazon.co.uk))

Tried & Tested  
**WINNER**  
98/100



**SOPHIE CONRAN FOR BURGON & BALL GARDEN FORK**  
£14.95, Sophie Conran ([ocado.com](http://ocado.com))



TRY OUR TWO NEW FLAVOURS  
**CHERRY BAKEWELL**  
AND **APPLE CRUMBLE**  
breakfast cereal with real fruit filling & crunchy topping

**Shredded Wheat**  
LIVE from the HEART



\*Reducing consumption of saturated fat contributes to the maintenance of normal blood cholesterol levels. Shredded Wheat is low in saturated fat. © Reg. Trademark of Société des Produits Nestlé S.A.



**GRANDPA'S GREAT ESCAPE  
BY DAVID WALLIAMS**  
£10.49\*, Hive ([hive.co.uk](#))



**MIFFY STACKING CUBES**  
£19.99, Toys R Us ([toysrus.co.uk](#))



## HOME EDITOR'S CHOICE

**CHRISTMAS ANGELS SIDE PLATE**  
£19.95, Fortnum & Mason ([fortnumandmason.com](#))



**ALICE'S ADVENTURES IN  
WONDERLAND BY LEWIS CARROLL  
(Designed by Vivienne Westwood)**



**DOG KNITTED BOOTIES**  
£19.99, one size, Dogs Trust ([dogstrustgifts.com](#))



**TED BAKER SHADOW FLORA MINI NOTEBOOK AND PEN**  
£11.95, Annabel James ([annabeljames.co.uk](#))



**TEA TIME TREATS GIFT BOX**  
£14.95, RNLI Shop ([rnlishop.org.uk](#))



**OWL BEANIE**  
£18, 16-40cm, John Lewis ([johnlewis.com](#))



**£10  
TO  
£20**



**EVERYDAY SUPER FOOD  
BY JAMIE OLIVER**  
£18.15\*, Hive ([hive.co.uk](#))



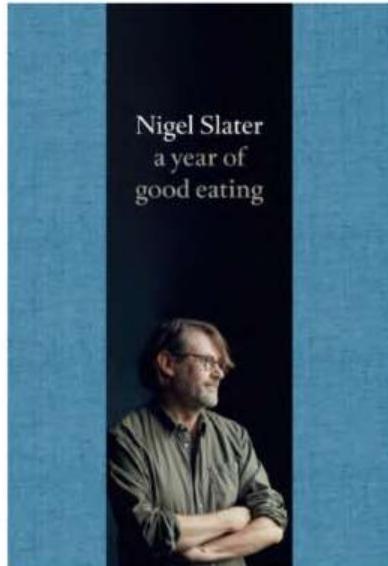
**CHRISTMAS COOKIE SHAMPOO/  
SHOWER GEL/BUBBLE BATH**  
£14, Philosophy ([boots.com](#))

# The great GH gift guide

£20  
TO  
£35



DIPTYQUE OLIBAN CANDLE  
£28, Space NK ([uk.spacenk.com](http://uk.spacenk.com))



Nigel Slater  
a year of  
good eating

## BOOK EDITOR'S CHOICE

A YEAR OF GOOD EATING BY NIGEL SLATER  
£23.49\*, Hive ([hive.co.uk](http://hive.co.uk))



21-INCH SPIRAL FUN GUMBALL  
MACHINE  
£35, BHS ([bhs.co.uk](http://bhs.co.uk))



BLUE LOAFER SLIPPERS  
£32, 3-8, Anthropologie ([anthropologie.com](http://anthropologie.com))



PERSONALISED FAMILY BRACELET  
£29, Merci Maman at John Lewis ([johnlewis.com](http://johnlewis.com))



NEAL'S YARD GERANIUM & ORANGE BODY COLLECTION  
£30, Marks & Spencer ([marksandspencer.com](http://marksandspencer.com))



THE REGAL WARDROBE PALETTE  
£35, Bareminerals ([bareminerals.co.uk](http://bareminerals.co.uk))



HOUSE OF CARDS  
SEASON 3 DVD  
£23\*, Amazon ([amazon.co.uk](http://amazon.co.uk))



STRIPED ONESIE  
£24.95, 2-12 years, Joules ([joules.com](http://joules.com))



GIN TEA CUP AND SAUCER  
£35, Not On The High Street ([notonthehighstreet.com](http://notonthehighstreet.com))

\*DISCOUNT PRICES CORRECT AT TIME OF GOING TO PRESS



Now, Dove brings the worlds of dermatological care and spa together.

For the first time ever, Dove has brought its latest advancements in dermatological care to a collection of hand and body care products as luxurious as any found at a spa. Lustrous gels, velvety lotions, and silky oils enriched with Cell-Moisturisers™ – key moisturising actives that work at the heart of skin cells\* leaving them full of moisture. Dermatological care for spa-quality skin. It's a beautiful way to get in touch with your body.

\*within the stratum corneum

New **Dove DermaSpa**

SPA EXPERIENCE. DERMATOLOGICAL CARE

# The great GH gift guide

£20  
TO  
£35



BIBA DECO TEAPOT  
£30, Biba at House of Fraser  
(houseoffraser.co.uk)



NATHALIE LÉTÉ SUITCASES  
£20.25 for three, Smallable ([en.smallable.com](http://en.smallable.com))



SOCKS GIFT BOX  
£29 for pack of three, M-L, Barbour at  
House of Fraser (houseoffraser.co.uk)



SINATRA: THE PHOTOGRAPHS  
BY ANDREW HOWICK AND  
BARBARA SINATRA  
£22.15\*, Hive ([hive.co.uk](http://hive.co.uk))



GOOD HOUSEKEEPING CASSEROLE DISH  
£35, Sainsbury's ([sainsburys.co.uk](http://sainsburys.co.uk))



## HOME EDITOR'S CHOICE

ROYAL DOULTON LONDON PLATES (DETAIL)  
£35, National Gallery Company ([nationalgallery.org.uk](http://nationalgallery.org.uk))



IPHONE COVER  
£30, Radley ([radley.co.uk](http://radley.co.uk))



DR HAUSCHKA  
ULTIMATE ROSE KIT  
£29.50, Marks & Spencer  
([marksandspencer.com](http://marksandspencer.com))



GOLD GLITTER LAVA LAMP  
£25, John Lewis ([johnlewis.com](http://johnlewis.com))

\*DISCOUNT PRICES CORRECT AT TIME OF GOING TO PRESS





 Luminous, even, velvety soft  
skin begins today.

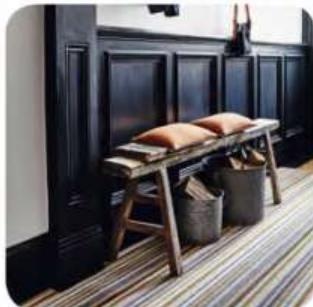
Give your skin the three things it wants most with new Dove DermaSpa Goodness<sup>3</sup>. Indulge in the touch of luxurious creams and blend of silky oils rich in omega and Cell-Moisturisers™ that leave dry skin feeling full of moisture. It's dermatological care for spa-quality skin.



New *Dove DermaSpa*  
SPA EXPERIENCE. DERMATOLOGICAL CARE

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the collection - only at 

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**STAG BOTTLE OPENER**  
£21, Joanna Wood ([joannawood.co.uk](http://joannawood.co.uk))



**HABERDASHERY HOUSE**  
£24.95, Wild & Wolf ([wildandwolf.com](http://wildandwolf.com))



£20  
TO  
£35



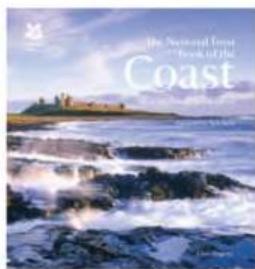
**STAR OF BOMBAY SAPPHIRE**  
£34.50, Waitrose ([waitrose.com](http://waitrose.com))



**VELVET SLIPPERS**  
£29, 3-8, Boden ([boden.co.uk](http://boden.co.uk))



**REN MOROCCAN ROSE OTTO SUGAR BODY POLISH**  
£32, Marks & Spencer ([marksandspencer.com](http://marksandspencer.com))



**THE NATIONAL TRUST BOOK OF THE COAST BY CLARE GOGERTY**  
£22.65\*, Hive ([hive.co.uk](http://hive.co.uk))



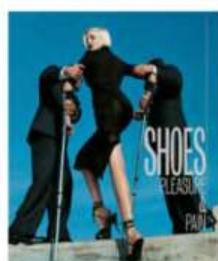
**FERM LIVING BEAR CUSHION**  
£31.59, Smallable ([en.smallable.com](http://en.smallable.com))



**PURSE**  
£32, Radley ([radley.co.uk](http://radley.co.uk))



**GLASS PYRAMID TERRARIUM**  
£25, Sass & Belle ([sassandbelle.co.uk](http://sassandbelle.co.uk))



**SHOES: PLEASURE & PAIN BY HELEN PERSSON**  
£20.25\*, Hive ([hive.co.uk](http://hive.co.uk))



**CLEANSE & POLISH HOT CLOTH CLEANSER IN PINK PEPPER & MINT**  
£20.75, Liz Earle ([lizearle.com](http://lizearle.com))

# The great GH gift guide

£20  
TO  
£35



LEGO DISNEY FROZEN ELSA'S SPARKLING ICE PALACE  
£34.99, Argos ([argos.co.uk](#))



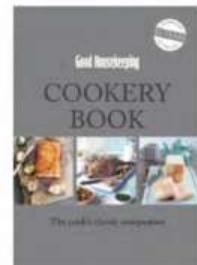
BUTTON SPOT  
13IN LAPTOP SLEEVE  
£30, Cath Kidston ([cathkidston.com](#))



CLEAN MAN COLLECTION  
£25, Elemis ([elemis.com](#))



BAY TREE  
£35, The Present Tree ([thepresenttree.co.uk](#))



GOOD HOUSEKEEPING COOKERY BOOK  
£30\*, Hive ([hive.co.uk](#))



FISHES EDDY DOG TREATS JAR  
£35, Liberty ([Liberty.co.uk](#))



PINK FAUX FUR HEART POM POM  
£26, Helen Moore at House of Fraser ([houseoffraser.co.uk](#))



## FASHION EDITOR'S CHOICE

REINDEER TOP  
£24.95, 2-12 years, Joules ([joules.com](#))



DECADENT DELIGHTS  
£25, Sanctuary Spa ([sanctuary.com](#))



PLATE  
£24, Anthropologie ([anthropologie.eu](#))



MINIPOCHETTE  
£29, Biba at House of Fraser ([houseoffraser.co.uk](#))

# Gabor

IRRESISTIBLE

WARM TONES OF GREY DAYS.



[www.gabor.de/hw15](http://www.gabor.de/hw15)



POMPOM MITTENS

£45, Gudrun Sjödén ([gudrungsjoden.com](http://gudrungsjoden.com))



CAST-IRON TEAPOT

£41.95, Divertimenti ([divertimenti.co.uk](http://divertimenti.co.uk))



FOREVER FRANGIPANI COLLECTION

£39.50, Elemis ([elemis.com](http://elemis.com))



THE CHRISTMAS WREATH

£42, Hotel Chocolat ([hotelchocolat.com](http://hotelchocolat.com))



PRINCE OF WALES CHECK SCARF IN GIFT BOX

£44.95, Highgrove ([highgroveshop.com](http://highgroveshop.com))



SHADOW FLORA LAUNDRY BAGS

£36.95, Annabel James ([annabeljames.co.uk](http://annabeljames.co.uk))



TAKE IT SLOE GIFT CRATE  
£44, Not On The High Street ([notonthehighstreet.com](http://notonthehighstreet.com))



ADORED KNICKER AND BRA SET  
£37, bra 32C-42DD, knickers 10-12, Marks & Spencer ([marksandspencer.com](http://marksandspencer.com))

EARRINGS  
£39, Cadenza ([cadenza.co.uk](http://cadenza.co.uk))



YOU'RE SO PARTY COLLECTION  
£39.50, Benefit ([benefitcosmetics.co.uk](http://benefitcosmetics.co.uk); available from 26 September)



**DIGITAL RADIO**  
£40, BHS ([bhs.co.uk](http://bhs.co.uk))



**CLEAR MIND BATH AND SHOWER OIL**  
£48, Liberty ([liberty.co.uk](http://liberty.co.uk))

£35  
TO  
£50



**PANAMA LAMBSKIN DIARY**  
£42, Smythson ([smythson.com](http://smythson.com))



**KIMONO**  
£39.50, 6-16, Ted Baker ([tedbaker.com](http://tedbaker.com))



**LADURÉE PARISIENNE MACARONS KEYRING**  
£44, Amara ([amara.com](http://amara.com))



**GREAT SKIN FOR HIM COLLECTION**  
£40, Clinique ([clinique.co.uk](http://clinique.co.uk))



**AMAZONIA ANMUT SALT AND PEPPER POTS**  
£47.90 a pair, Villeroy & Boch ([villeroy-boch.co.uk](http://villeroy-boch.co.uk))



**GEORGE FOREMAN RED FAMILY GRILL**  
£38.06\*, Amazon ([amazon.co.uk](http://amazon.co.uk))



**ALMOND STAR GIFT SET**  
£49, L'Occitane ([loccitane.com](http://loccitane.com))



**OTIS BATTERBEE EYE MASK**  
£50, Liberty ([liberty.co.uk](http://liberty.co.uk))

**CHASE ELEGANT GIN**  
£37.50, 31Dover ([31dover.com](http://31dover.com))

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at EAST this Autumn  
with gorgeous fabrics,  
flattering silhouettes &  
exclusive prints

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offer in October  
when you shop  
in store or online  
at [east.co.uk](http://east.co.uk)  
using the code GHE20



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..... POSTCODE .....

EMAIL.....

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TERMS & CONDITIONS : Offer available on full price purchases only between 4th - 31st October 2015 & cannot be used in conjunction with any other offer. This offer is not valid in EAST Outlet stores, EAST John Lewis concessions, [johnlewis.com](http://johnlewis.com) or [houseoffraser.co.uk](http://houseoffraser.co.uk) & cannot be used to purchase EAST Gift Cards. This voucher must be completed to validate this offer.



**FLORAL BABY DRESS**  
£38, 0-18 months, Mamas & Papas  
(mamasandpapas.com)



**SHAKEN GIN COCKTAIL SET**  
£39.90, Fortnum & Mason (fortnumandmason.com)

£35  
TO  
£50



**KATE SPADE GARDEN DRIVE  
SQUARE JEWELLERY BOX**  
£42, Amara (amara.com)



**MARBLE PESTLE AND MORTAR**  
£49, Oliver Bonas (oliverbonas.com)



**RAZOR PARTY POP SCOOTER**  
£39.99, Argos (argos.co.uk)



## BEAUTY DIRECTOR'S CHOICE

**MOISTURE FAVOURITES GIFT SET**  
£40, Clinique (clinique.co.uk)



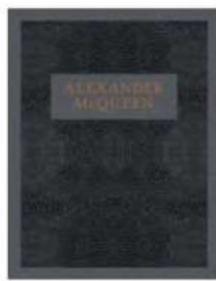
**BARISTA & CO COPPER  
8-CUP CAFETIERE**  
£43.99, Lakeland (lakeland.co.uk)



**PINK JUMPER**  
£50, XXS-L, Petit Bateau  
(petit-bateau.co.uk)



**FAUX FUR COAT**  
£40, S-L, Julien Macdonald at  
Debenhams (debenhams.com)



**ALEXANDER MCQUEEN  
BY CLAIRE WILCOX**  
£35\*, Hive (hive.co.uk)



## ART DIRECTOR'S CHOICE

**TOM DIXON STAPLER**  
£50, John Lewis (johnlewis.com)

# The great GH gift guide

£35  
TO  
£50



ALESSI BEBA NIGHT LIGHT  
£49.95, Amara ([amara.com](http://amara.com))



FESTIVE FRANKINCENSE & ALLSPICE  
£36, Molton Brown ([moltonbrown.co.uk](http://moltonbrown.co.uk))



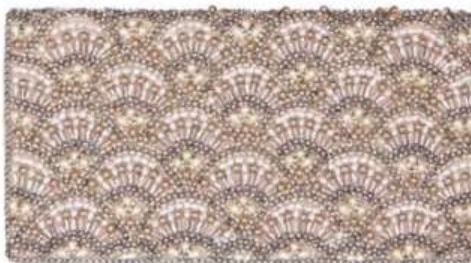
DUALIT MILK FROTHER  
£49.95, John Lewis ([johnlewis.com](http://johnlewis.com))



LARGE FAIRTRADE RED CHRISTMAS SPARKLE BOUQUET  
£49.99 including delivery, Interflora ([interflora.co.uk](http://interflora.co.uk); available from 19 October)



FRILLED BABY DRESS  
£45, 0-18 months, Mamas & Papas ([mamasandpapas.com](http://mamasandpapas.com))



SCALLOP CLUTCH  
£45, Accessorize ([accessorize.com](http://accessorize.com))



INTERTWINED PERSONALISED  
BRACELET  
£49, Merci Maman at John Lewis  
([johnlewis.com](http://johnlewis.com))



CLARINS MEN'S GROOMING  
ESSENTIALS  
£39, Clarins ([clarins.co.uk](http://clarins.co.uk))



COZY COMFORTS  
£40, Origins ([origins.co.uk](http://origins.co.uk))



MARC BY MARC JACOBS  
MINI TABLET CASE  
£50, Liberty ([liberty.co.uk](http://liberty.co.uk))



## FEATURES EDITOR'S CHOICE

LEGO FRIENDS POP STARS TOUR BUS  
£49.99, Argos ([argos.co.uk](http://argos.co.uk))



# To Do List.

SORT OUT THAT ISSUE WITH *the bank*

FIND A NEW DRESS FOR SARAH & DARRYL'S WEDDING

ORDER THE FOOD SHOP

Tidy UP THE DOWN STAIRS ROOM

GET MY LINKEDIN PROFILE UPDATED

BE INCREDIBLE  
 SAVE THE WORLD!

#LetGo

FIND your SANCTUARY

Join the conversation



only at Boots

Order by 8pm and collect for free tomorrow from midday.

order & collect



let's feel good

Please see [www.boots.com/ordertodaycollecttomorrow](http://www.boots.com/ordertodaycollecttomorrow) for full terms and conditions about the Order & Collect service. Mon – Sat, geographical exclusions apply. Subject to availability.



\* DHA helps maintain normal vision and brain function while EPA & DHA contribute to normal heart function. The beneficial effects for vision and brain are obtained with a daily intake of 250mg of DHA; for the heart beneficial effects are obtained with a daily intake of 250mg EPA & DHA.

# KEEP LOVING THE SIMPLE THINGS

SIMPLE GOODNESS\*  
IN EVERY DROP.

Every capsule contains simple goodness that makes Seven Seas Cod Liver Oil a great way to support you while getting older.



AT SEVEN SEAS WE BELIEVE: AGE, IT'S JUST A NUMBER.

**SEVEN  
SEAS®**  
SINCE 1935



**THUNDERBIRDS TRACY ISLAND**  
£80, Hamleys ([hamleys.com](http://hamleys.com))



**THE ESSENCE OF CHRISTMAS CANDLE**  
£75, Roja Dove ([rojaparfums.com](http://rojaparfums.com))



**VINTAGE PADDINGTON BEAR**  
£59.95, Harrods ([harrods.com](http://harrods.com))



**TEMPLE BIRD FEEDER**  
£79.95, Highgrove ([highgroveshop.com](http://highgroveshop.com))



**WILD & WOLF 302 PHONE**  
£64.95, John Lewis ([johnlewis.com](http://johnlewis.com))



**COIN PURSE**  
£65, Liberty ([liberty.co.uk](http://liberty.co.uk))



**WEDGWOOD CAKE STAND**  
£65, Harrods ([harrods.com](http://harrods.com))



**INTUITION BRA**  
£56, up to an H and  
**INTUITION KNICKERS**  
£26, up to 48cm, Chantelle  
([uk.chantelle.com](http://uk.chantelle.com))



## CONSUMER DIRECTOR'S CHOICE

**NUTRIBULLET**  
£99.99, [buynutribullet.co.uk](http://buynutribullet.co.uk)



**THE ULTIMATE MAKE-UP GIFT SET**  
£55, Estée Lauder at House of Fraser ([houseoffraser.co.uk](http://houseoffraser.co.uk))



**GOOD HOUSEKEEPING INSTITUTE COOKERY SCHOOL COURSE**  
from £90, Good Housekeeping ([goodhousekeeping.co.uk/cookeryschool](http://goodhousekeeping.co.uk/cookeryschool))

# The great GH gift guide



CROSLEY CRUSER RETRO TURNTABLE  
£79.99, Argos ([argos.co.uk](http://argos.co.uk))

£50  
TO  
£100



EARRINGS  
£79, Swarovski ([swarovski.com](http://swarovski.com))

STRIPED ROBE  
£69, Christy ([christy-towels.com](http://christy-towels.com))



SIREN RINGS  
from £50 each, Monica Vinader ([monicavinader.com](http://monicavinader.com))



PLATTER  
£59.99, Emma Bridgewater ([emmabridgewater.co.uk](http://emmabridgewater.co.uk))



VILAC RIDE-ON SILVER RACING CAR  
£80.19, Smallable ([en.smallable.com](http://en.smallable.com))



GLOVES  
£76, 6½-8, Dents ([dents.co.uk](http://dents.co.uk))



LIBERTY LONDON  
IANTHE CUSHION  
£95, John Lewis ([johnlewis.com](http://johnlewis.com))



INSTAX BLUE CAMERA  
£69, Currys ([currys.co.uk](http://currys.co.uk))



CIRE TRUDON BARTOLOMÉ  
SCENTED CANDLE  
£65, John Lewis ([johnlewis.com](http://johnlewis.com))



## COOKERY DIRECTOR'S CHOICE

LADIES' FAVOURITE HAMPER  
£60, Fortnum & Mason ([fortnumandmason.com](http://fortnumandmason.com))



CHARLES WORTHINGTON  
LONDON



RECLAIM YOUR COLOUR

NEW COLOUR REVIVE  
MOUSSE



- ✓ Temporary tinted foam for ultimate colour vibrancy
- ✓ Instantly enriches hair colour's depth and tones
- ✓ Injects luminous salon-fresh shine

# The great GH gift guide

£100  
TO  
£350



**LIBERTY BEAUTY ADVENT CALENDAR**  
£149, Liberty ([liberty.co.uk](http://liberty.co.uk))



**VIEWQUEST EMMA BRIDGEWATER DAB**  
£129, Tesco ([tesco.com](http://tesco.com))



Tried & Tested  
**WINNER**  
93/100

**KITCHENAID ARTISAN STAND MIXER IN GOLDEN NECTAR**  
£429, House of Fraser ([houseoffraser.co.uk](http://houseoffraser.co.uk))



**RHODONITE BRACELET**  
£210, Monica Vinader ([monicavinader.com](http://monicavinader.com))



**TUXEDO PYJAMA SET**  
£149, 8-18, Somerset by Alice Temperley at John Lewis ([johnlewis.com](http://johnlewis.com))



**CALF LEATHER TOTE**  
£295, Aspinal ([aspinaloflondon.com](http://aspinaloflondon.com))



**TEACUP PLAY CAFÉ**  
£185, Great Little Trading Company ([gltc.co.uk](http://gltc.co.uk))



**EARRINGS**  
£115, Dower & Hall ([dowerandhall.com](http://dowerandhall.com))



**OTTOLENGHI CHRISTMAS HAMPER**  
£150, Ottolenghi ([ottolenghi.co.uk](http://ottolenghi.co.uk))



**PHILIPS VISAPURE CLEANSING BRUSH**  
£150, Boots ([boots.com](http://boots.com))



**SONY FDR-X1000V 4K ACTION CAMERA**  
£279, Amazon ([amazon.co.uk](http://amazon.co.uk))



**LOAFERS**  
£185, 2-11, French Sole ([frenchsole.com](http://frenchsole.com))



**PENDLETON SOMERBY**  
£279.99, Halfords ([halfords.co.uk](http://halfords.co.uk)) □

Find even more  
inspiration  
in our December  
Gift Guide, out  
on 30 October

# REAL BEAUTY IDEAL LUXURY



Ideal Standard, the leading provider of innovative and design-driven bathroom solutions has unveiled its latest breakthrough in bathroom design.

Introducing the stunning Dea bathroom suite. This new collection combines beautiful design and functional excellence. Dea embodies Ideal Standard's commitment to creating a beautiful use of space.

Dea has won multiple awards for Product Innovation and Best Bathroom Product.

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A  
BEAUTIFUL  
USE  
OF  
SPACE





THE ART OF  
**LIVING**

Contemporary and comfortable designs, beautifully crafted for every room.

SHOP THE FULL HOME RANGE ONLINE AT [MARKSANDSPENCER.COM](http://MARKSANDSPENCER.COM)

ONLY  
**M&S**

# Shop organise **SAVE!**



Cut Christmas shopping stress with our clever shortcuts and money-saving hacks. Who needs Santa's Little Helpers when you have the GHI?

## STUCK FOR IDEAS?

Suggest friends and family set up a list of presents they'd like at [wishagift.com](http://wishagift.com) or [wishlistr.com](http://wishlistr.com) – both can be shared by email. Or discover whether your loved ones have Amazon wishlists by typing their name or email into the site's Find A Wishlist section.

## BEAT THE RUSH

Book your Christmas Eve supermarket delivery early with this trick from GH Consumer Director Caroline Bloor: 'To reserve my slot online, I pop a bottle of Champagne (costing more than the minimum spend) in my cart and then check out. I have until the day before delivery to update my order.'

## CIRCLE THESE DATES IN YOUR DIARY

### BLACK FRIDAY: 27 NOVEMBER

This mega-sale day began in the US but has become a fixture here. Expect pre-Christmas discounts of up to 60% from Currys, Amazon, Apple and John Lewis, both online and on the high street. Be warned: last year saw shoppers wrestling for flat screen TVs!

### CYBER MONDAY: 30 NOVEMBER

This is when retailers serve up their most generous online deals. Some will offer discounts from Black Friday until Cyber Monday, incorporating newly-named Sofa Sunday. Many offers go live at midnight on 29 November. And keep checking, as some sites unveil new deals every hour.

### SMALL BUSINESS SATURDAY: 5 DECEMBER

It's not just the big chains giving shoppers discounts. For one day only, local shops will be running special offers and serving up mince pies by the plate-load. Find one near you at [amexshopsmall.co.uk](http://amexshopsmall.co.uk).

### 4-15 DECEMBER

Last postal date for outside Europe.

### 10-18 DECEMBER

Last postal date for countries in Europe.

### 19 DECEMBER

2nd class postal deadline for UK.

### 21 DECEMBER

1st class postal deadline for UK.



If you really don't want to,  
you don't even have to  
leave home to shop!

## IN THE KNOW

Find out about sales ahead of the crowd by signing up to retailers' email newsletters, liking their Facebook pages and following their Twitter accounts. The GHI will also bring you a round-up of the best deals every week in December. Go to [goodhousekeeping.co.uk](http://goodhousekeeping.co.uk) for details.

## DINE FOR LESS

Before you buy the turkey and trimmings, compare prices with [mysupermarket.co.uk](http://mysupermarket.co.uk) to find the brands you like at best value. The website now includes local shops and producers, from butchers to artisan cheese shops. Once you register and enter your address, the site will search stores in your area or those that deliver nationwide.

## Postal service

Use a courier company rather than Royal Mail to send larger parcels. We found that sending a 1kg parcel to another address in the UK cost just £2.48 – and your parcel will be picked up direct from you. To compare prices of couriers that offer this service and book, visit [interparcel.com](http://interparcel.com).

## SHOP SAVVY

Shop strategically by buying several gifts at the same time to avoid delivery fees.

### MINIMUM SPENDS

- ◆ £10 at BHS ◆ £20 at Amazon (or £10 on books) ◆ £30 at Debenhams ◆ £45 at Boots ◆ £50 at John Lewis, Marks & Spencer and House of Fraser

### GOOD TO KNOW

Some online retailers charge nothing for delivery, including Currys (small items only, not white goods), ASOS and Clarks.

## COMPARE, COMPARE, COMPARE

- ◆ Download Invisible Hand ([getinvisiblehand.com](http://getinvisiblehand.com)) to your browser. Next time you shop, the site will notify you if the product you're buying is available at a better price from another retailer.
- ◆ The MegaShopBot ([megashopbot.com](http://megashopbot.com)) from MoneySavingExpert harnesses the power of a host of shopping comparison sites, including Kelkoo and PriceRunner, to find the cheapest available prices.

## PATIENCE PAYS

Put products you're thinking of buying into your online shopping cart (you'll need to set up an account and be logged in), then sit back and wait. You'll often find that an email from the retailer appears in your inbox a few days later offering you a discount on the item to encourage you to buy it.

## Don't wait in for deliveries

- ◆ Most retailers offer a Click & Collect service, which eliminates the need to wait at home for parcels. Browse from the sofa, then pick up shopping at your nearest store for free.
- ◆ Collect some eBay buys (up to 20kg) from your local Argos for free.
- ◆ Click & Collect orders from [johnlewis.com](http://johnlewis.com) are charged at £2 but can be collected from Waitrose, too.
- ◆ For a small fee (from £3), orders up to 10kg from retailers such as ASOS, House of Fraser and Amazon can be picked up from your corner shop via the Collect+ scheme. It also means you have access to a retailer's full range, whatever size your local branch.

## CLEVER AMAZON TRICKS

- ◆ Click on the Warehouse Deals section to find returned, warehouse-damaged, used and refurbished products at big discounts. Be aware that these products (unless they are new and still boxed) come without the manufacturer's guarantee, though Amazon's own satisfaction guarantee offers some protection.
- ◆ Membership of Amazon Prime (£79 a year) gives users free one-day delivery on most purchases, plus access to 500,000 Kindle titles and more than 15,000 films and TV programmes. Maximise your account by sharing the free one-day delivery benefit with up to four family members. Click on Manage Prime

## SHOP ON A TUESDAY

That's the day that discount website [vouchercodes.com](http://vouchercodes.com) says it releases its best deals. The end of the month is another good time, with a lot of stores running special payday offers.

## APPS TO SAVE YOU £££

- ◆ HotUKDeals is a community website and app where users upload the best deals they've found online, on everything from groceries to electronics.
- ◆ Use the Snap & Save feature on TopCashback's website and app and you can get cashback on a huge range of groceries. It does take time but it claims the average annual income is £280. The Quidco equivalent is the ClickSnap app. Set up an account, then take a photo of your receipt every time you shop and upload it to the app. Once you've accrued some cashback, transfer the money to your bank account. There's no minimum transfer amount for TopCashback but for Quidco it's £1.01. Available free on Android and Apple

## FEEL-GOOD READS

For discounts on books, music and DVDs, visit online bookshop [hive.co.uk](http://hive.co.uk). A percentage of the purchase price goes towards supporting independent bookshops. For free delivery, choose second class or pick up the order from your local bookshop.



Membership, and then Invite A Household Member.

◆ Did you know you can exchange old Amazon purchases, such as music, games consoles and books, for credit to use on the site? You won't earn much on books but bigger items, like a Playstation 4, for example, could be worth around £100.



# Centuries of stains, dirt and grime. What better partner for Cif than English Heritage.

After years of taking the nation's dirty worktops, bathtubs and ovens comfortably in its stride, Cif is ready for a new challenge.

Well, actually it's ready for some very, very old ones. Because Cif is going to help English Heritage to restore some of the country's most treasured historic buildings and monuments.

And it all begins with Cif supporting the task of restoring the Quadriga - the spectacular bronze statue on The Wellington Arch in central London. We can't wait.

You can follow our progress and find out more about how Cif and English Heritage are making England shine at [www.cifclean.co.uk](http://www.cifclean.co.uk)

  
**Making  
England  
Shine**  




## PUT TOGETHER A CHRISTMAS ESSENTIALS KIT

- ◆ Sticky tape or stickers (we like Wrap Fixers, £4.35 for 400 from [lakeland.co.uk](http://lakeland.co.uk))
- ◆ small present bags ◆ gift tags or sticky labels ◆ Christmas cards ◆ stamps ◆ tissue paper ◆ plenty of wrapping paper

Register with [hushhush.com](http://hushhush.com)

Receive its daily email with exclusive deals and discounts of over 50% on gift ideas, from Apple iPads to designer Marc Jacobs watches.

### Use a present planner

Keep track of what you've bought (and spent) with an online spreadsheet. It's also a good place to collate gift ideas, or there's the Gift Plan app (iTunes store, 79p).

You'll soon have it all tied up...



### Emergency presents

Don't panic. Online vouchers, which can be emailed directly to the recipient, are the answer - Amazon, Spotify, Netflix and iTunes all offer them. You can buy vouchers for courses at the GHI Cookery School through [goodhousekeeping.co.uk/institute](http://goodhousekeeping.co.uk/institute). And lastminute.com is the perfect pit-stop for theatre vouchers and more.



...and be ready to celebrate in style

### ... AND FINALLY!

### THE TOP TIP FROM ALL OF US AT GH...

Let go of perfect! We put so much stress on ourselves at this time of year that it can stop us from enjoying Christmas. Before you start your next task, ask yourself why you're doing it. If it's more about meeting expectations than making yourself or others happy, cross it off the list.

## KNOW YOUR RIGHTS

**Q** How long do I have to return unwanted presents?

**A** Many retailers extend their exchange and refund periods over Christmas, so items bought as gifts in November and December can still be returned come January.

**Q** What about items that were bought online?

**A** Under the Consumer Contracts Regulations, you have extra rights when you buy online, by phone or from a catalogue. You have the right to cancel an order up to 14 days after you receive it, even if it's just because you've changed your mind. You should also expect your order to arrive within 30 days unless the seller tells you otherwise; you have the

right to ask for a refund if your purchase doesn't turn up during this time.

**Q** Can I return a broken or faulty item?

**A** Yes, you're well within your rights to ask for a replacement or refund - but do it as quickly as possible. If anyone quibbles, quote the Sale of Goods Act, which says a purchase

should be of satisfactory quality, fit for purpose and as described.

**Q** Do I have to pay to return faulty goods?

**A** No, you should never have to cover the cost of posting back faulty items.

**Q** I've lost my receipt, what do I do?

**A** Don't worry. A debit or credit card statement is enough proof of purchase if you need to return an item. However, keeping the labels attached to it isn't.

**Q** Do I need to bother with a gift receipt?

**A** Yes, always, as it means the buyer's rights are transferred to the recipient. □



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# Ask our experts

## *Is it safe to write a DIY will?*

Put off making a will because of pricey legal fees? Here's our advice on when to consider sacking the solicitor – and when you'd be crazy to go it alone...

If you've never quite got round to making a will, you're in the majority. But just what is it that's putting you off? After all, write-your-own will kits are now widely available for under £20. For some people, a DIY will could be enough – but how do you know if that's you?

### A will writing kit might be right for you if...

- ✓ You want to leave everything to your husband or, if he dies before you, to your children
- ✓ You own no more than one property
- ✓ There's no complicated tax planning involved and you don't want to leave your money in trusts

### You shouldn't use a DIY will if...

- ✗ You own property abroad, have foreign investments or a bank account abroad
- ✗ You need to offset your inheritance tax bill
- ✗ You own a business
- ✗ You have people other than your

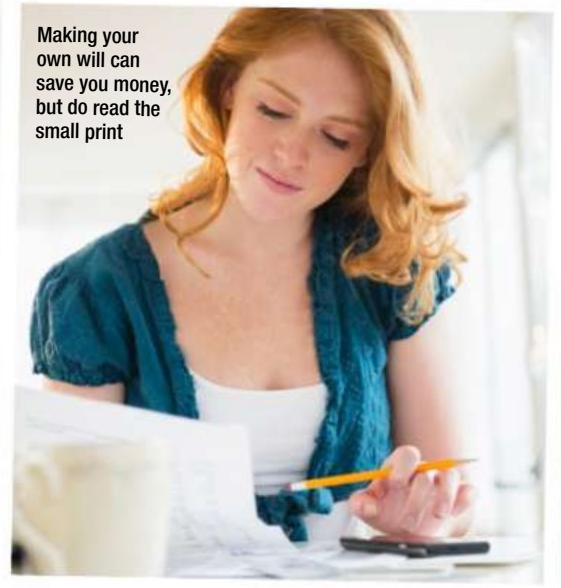
immediate family who are financially dependent on you

If you do use a DIY kit, read the small print carefully, as any errors – from not dating it to the will being witnessed incorrectly – will invalidate it. The Co-operative's James Antoniou has seen poorly filled out forms resulting in the rules of intestacy being applied and a person's wishes not being followed. 'Where the will creates ambiguity or confusion, there is the possibility that this could cause additional legal fees,' he says.

Our advice? Get someone legally qualified to draw up your will. Find a solicitor on The Law Society website ([solicitors.lawsociety.org.uk](http://solicitors.lawsociety.org.uk)) and expect to pay from £150 to £400, plus VAT. 'You can cut appointment time considerably by having all the information the solicitor will need to know with you. Use The Law Society's checklist to help you prepare,' says GH's Caroline Bloor. During October,

- Do it yourself wills
- Safe cycling
- Home security cameras
- Hot water taps on test

Making your own will can save you money, but do read the small print



you can get a free will drawn up for you if you're over 55. It's part of Free Wills Month ([freewillsmonth.org.uk](http://freewillsmonth.org.uk)), when solicitors nationwide have agreed to waive their fees. Will Aid month ([willaid.org.uk](http://willaid.org.uk)), in November, is a similar scheme, but with no minimum age limit. Both are backed by charities, including Help The Aged and the NSPCC, and you'll be invited to donate to one of the participating charities in exchange for the solicitor's fees. The offer is limited and available on a first-come, first-served basis, so register online as soon as possible. If your will is complicated you may be asked to pay a fee.



## HOW TO CYCLE SAFELY IN THE DARK

- Opt for LED bike lights – modern ones are bright and efficient, and many are rechargeable. Just remember to juice them up between rides!
- With bike lights, you get what you pay for, and the brighter they are, the better: look for 50+ lumens for use on lit roads and at least 800 lumens if you regularly cycle on unlit roads. Knog lights (from £21.99, available in most bike shops) offer bright USB-rechargeable

LED lights that easily clip on and off your bike.

- Choose reflective clothing rather than hi-vis, which needs UV light to be effective. We like the Miss Bobbin reflective sash from boutique cycle brand CycleChic (£22.50, [cyclechic.co.uk](http://cyclechic.co.uk)).
- Road positioning is key to staying visible. Ride where you can see and be seen – don't hug the kerb. Always give parked cars a berth of at least a door's width, in case someone gets out without looking.



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# We've got you on film MR BURGLAR!

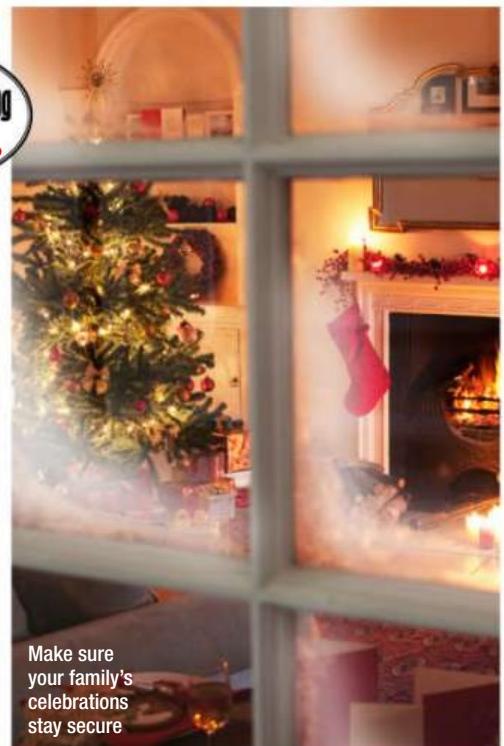
The latest security devices allow you to keep a close eye on your home – wherever you are...

**T**he holiday season is a busy time for burglars, who find the combination of dark evenings and festive gift-giving a real temptation.

Wi-Fi security cameras are the newest way to protect your home, your possessions... and even your teenagers! Install them in prominent places around the house and you'll be alerted by email or phone when any movement is detected. They also enable home owners to watch a live feed of what's happening in their home, via a smartphone or tablet app, so you can

check your kids have made it back safely from school. The app also lets you control how much footage is saved and allows you to download it directly to your phone to send to the police if, heaven forbid, the worst should happen.

We like the Netgear Arlo Home Security (from £179.99, maplin.co.uk) which is available in one, two, three or four camera kits. The cameras are battery powered and weatherproof, so can be mounted anywhere, inside or out. Footage is recorded in high definition and works in the dark, thanks to night vision. Think again, thieves!



## Q Why do my night shots come out blurry?

At night, cameras need to capture more light than during the day, which means the lens shutter takes longer to close. Any movement during this period will result in blurred images. Grip the camera firmly with both hands to ensure it remains still and doesn't shake.

If you plan to take lots of night shots, it's worth investing in a tripod. Jessops ([jessops.com](http://jessops.com)) has a wide range. Pressing the capture button on your smartphone can also lead to camera movement. To minimise wobbly hand syndrome when taking a photo on your smartphone, use the built-in timer to take the shot, rather than pressing the button yourself.

## 3 STEPS TO TAKING GREAT NIGHT PHOTOS

If your photos of Bonfire Night fireworks are more of a fizzle than a bang, follow our guide

### LET THE LIGHT IN

Increasing the exposure level means the camera shutter will stay open longer, allowing more light to hit the sensor.

- On a DSLR or compact system camera, switch to Aperture Priority mode, using the dial on top of the camera.
- On an iPhone, tap to focus on your screen and a sun icon will appear. Slide it to the top to adjust the Exposure Slider to maximum.
- Not all Android smartphones let you manually adjust the exposure – check the Settings menu for an option labelled Exposure or Exposure Compensation. Alternatively, go to the Google Play store to download the Camera FV-5 Lite app (free), which lets you adjust these settings on your smartphone camera.
- If your smartphone camera has a Night Mode, use it, as it automatically optimises the settings for low light shots – find it in the Settings menu, under Scenes or Modes.

### SPEED THINGS UP

The ISO setting reflects how sensitive the lens is to light; increasing it means the camera can take in more light without the shutter having to stay

open as long, which improves low-light shots.

- On a DSLR camera, go to the Settings menu in full manual mode to adjust the ISO setting as high as it will go. Most compact cameras don't let you change the ISO setting.
- For smartphones, download a camera app from your app store that will allow you to adjust the ISO setting: try Manual for an iPhone (£1.49), or the free app Camera FV-5 Lite for Android.

### HOLD OFF ON FLASH

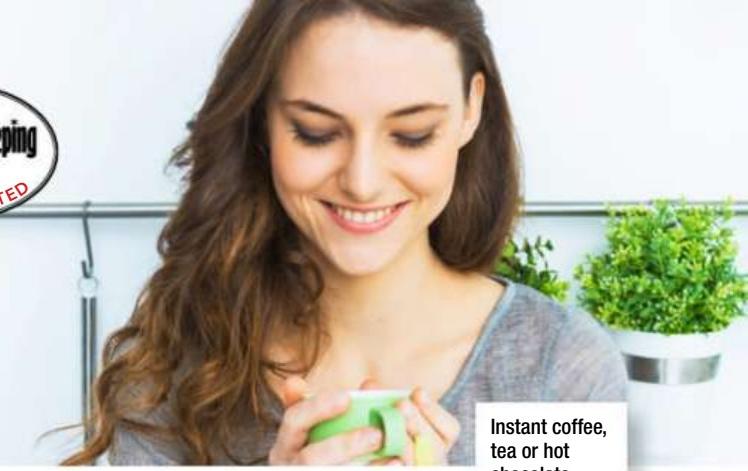
Don't use the flash when taking a night shot. It will overpower any faint light, such as fireworks or stars, resulting in a pure black image.

Smart, not flashy:  
take impressive  
shots this  
Bonfire Night



# TEA AT THE PRESS OF A BUTTON?

Taps that dispense boiling water are the latest cool gizmos for the kitchen but are they worth the high price tag, and how does the cost compare with boiling a kettle? GH investigates...



Instant coffee,  
tea or hot  
chocolate...



## WINNER

**AEG ProSource GYT12012SB**  
From £999; replacement filter (needs changing every 12 months): £89.99  
■ 3-in-1 tap for boiling, hot and cold water  
■ 4L or 8L water tank  
■ Child-proof safety feature  
**1** Quickly reached maximum temperature  
**2** Sleek appearance and intuitive design  
**3** A little slow to dispense large quantities of water (1 litre took 16 seconds)  
**Stockist:** aeg.co.uk

83/100



## RUNNER UP

**Grohe Red Duo Kitchen Tap and Single Boiler**  
From £1,722.60;  
replacement filter (needs changing every 12 months): £92  
■ 3-in-1 tap for boiling, hot and cold water  
■ 4L water tank  
■ Child-proof safety feature  
**1** Quickly reached boiling  
**2** Intuitive to use and felt safe, thanks to the child lock and insulated tap  
**3** Small tank capacity slowed water dispensing when it was refilling  
**Stockist:** grohe.co.uk

81/100



## RUNNER UP

**Quooker Fusion**  
From £1,150;  
replacement filter (needs changing every 12-60 months depending on water hardness): £55  
■ 3-in-1 tap for boiling, hot and cold water  
■ 3, 7 or 11L water tank  
■ Child-proof safety feature  
**1** Rapidly reached boiling  
**2** Easy to operate and attractive design  
**3** Slow to dispense large quantities of water and occasionally spat in use  
**Stockist:** quooker.co.uk

80/100

## COFFEE ON THE GO (AND NO SPILLS!)

You can avoid pricey coffee shops with a travel mug that doesn't leak. We put 19 on trial but, disappointingly, only four passed our tests – so don't bother with any others...



## WINNER

**Nespresso CitiZ**  
£15; [nespresso.co.uk](http://nespresso.co.uk)  
■ 345ml capacity  
■ Attractive, sleek design  
■ Retained temperature for at least two hours  
■ No leakage at all in our tests  
■ Measurement marks inside  
■ Not dishwasher safe

94/100



## BUDGET BUY

**Oxo Good Grips Liquiseal**  
£9.99; [amazon.co.uk](http://amazon.co.uk)  
■ 250ml capacity  
■ Didn't leak in our tests  
■ Comfortable to hold, with a non-slip grip  
■ Not dishwasher safe

72/100

**HOW WE TESTED** We filled 19 travel mugs with boiling water to see how well insulated they were and timed how long they kept drinks hot or cold. We also did a leak test!

## MUST-HAVE KITCHEN KIT

What a clever idea – the **Lakeland Cool Hands oven gloves** (from £15.99, [lakeland.co.uk](http://lakeland.co.uk)) have fingers, rather than being mitten-shaped, which gives much more flexibility when you're lifting hot dishes out of the oven or draining a pan of boiling water. They

came top in our tests, too, scoring an impressive 90/100. On the downside, they did stain rather easily and bobbed in the wash. If you prefer a double oven glove, then try the **Aga Top Dog Double Oven Glove** (£25, [agacockshop.co.uk](http://agacockshop.co.uk)), which also scored 90/100. □



\* For full results, go to [goodhousekeeping.co.uk/institute](http://goodhousekeeping.co.uk/institute)



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# What's behind a Howdens kitchen?





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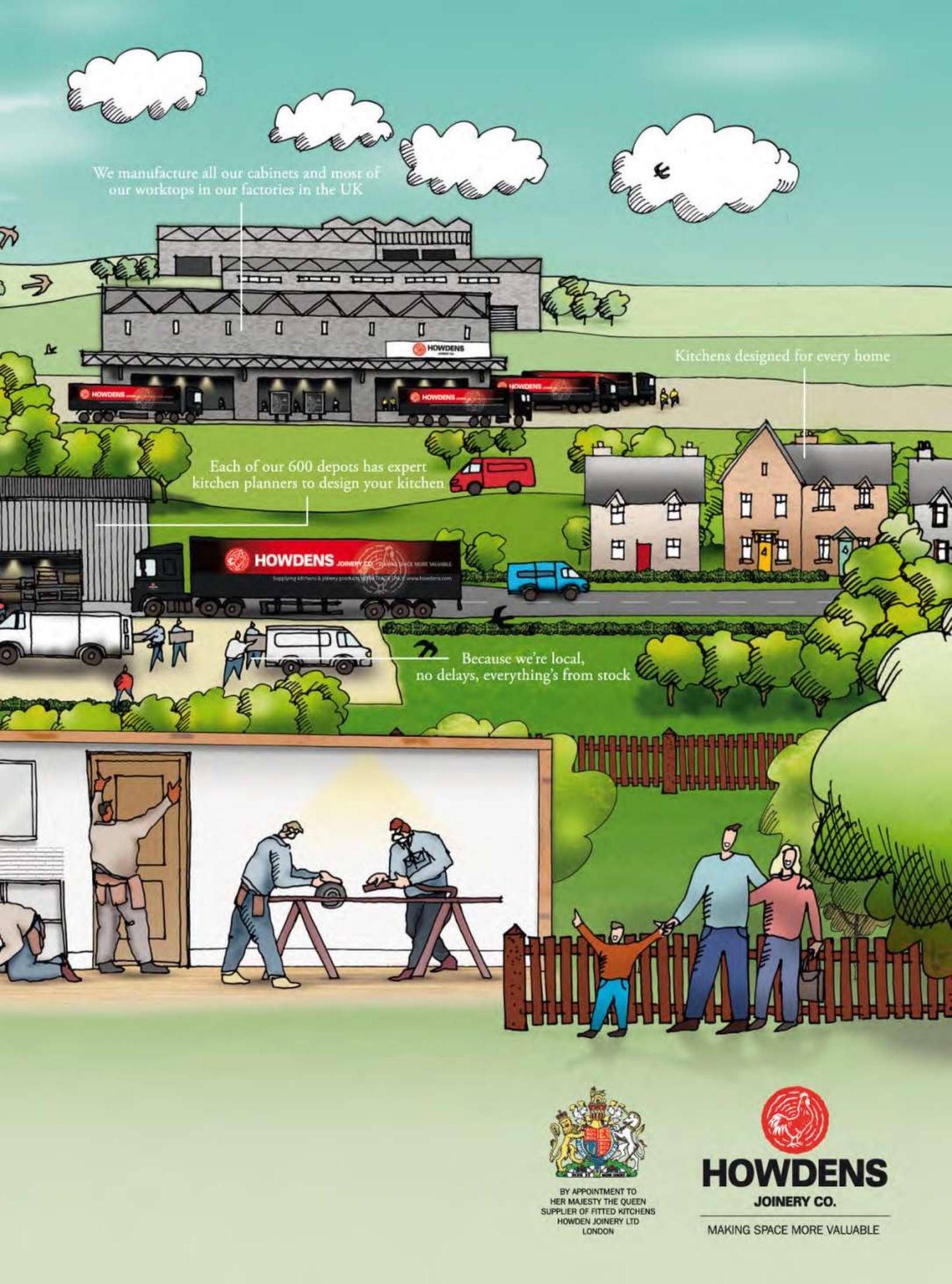
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# SOLUTIONS

*Tried & Tested*

Which remedies  
for insomnia can  
you count on?



We've come to think of sleep as a luxury we can cut back on with no ill effects, but one in three of us is now chronically tired. So what's the dream solution? Deep breathing, a different pillow and meditation apps are among the many supposed cures, but do they work? We enlisted the help of six sleep-deprived volunteers and those clever testers at the Good Housekeeping Institute to find out what really helps you get more shut-eye

**W**ether you struggle to drop off at night, wake too early or toss and turn in the small hours, independent sleep expert Dr Neil Stanley says that 24-hour living is a major culprit. 'In the not too distant past, we worked nine to five, then came home and switched off – television stopped at 11pm and no one expected you to do a late-night supermarket shop or answer emails at midnight. These days, there are more and more things that compete with sleep. We no longer see it as a priority – it's something we fit in when we've finished everything else, and we tend to glorify high-profile people who manage on four or five hours a night,' he says.

It's not surprising that half of us now survive on less than six hours. The irony, says Dr Stanley, is that many of us are now chronically tired and desperate to find something to make ourselves feel better. 'We spend lots of time and money trying to find ways to make ourselves feel good, when the solution is available to us every 24 hours – a good night's sleep.'

But that's easier said than done for the chronic insomniacs out there. So what's the answer? Dr Stanley says that there's no magic bullet, but there is a common theme: 'The key is to have a quiet mind, and if you're working, watching TV or worrying about your to-do list there's no way you will be able to switch off the light and drop off.'

## THE NIGHT OWL

GH Deputy Editor Michelle Hather, 51, is a self-confessed midnight-oil burner. She finds that, however exhausted she might feel, she still can't get to sleep: 'I go up to bed around 11.30pm after the news. Although I feel shattered, I can't sleep because my mind races and I can't calm it down. I can be awake for hours.'

### THE SOLUTION: *Early to bed, early to rise*

We asked Michelle to switch from night owl to lark – with lights out at 9.30pm and her alarm set for 5.30am.

#### Day 1

Going to bed at 9.30pm on Sunday evening feels really difficult – like cutting the weekend short – and I lie awake for about 90 minutes. When my radio comes on at 5.30am I'm tired, but not as zonked as I'd feared. Having an extra 90 minutes in the morning is a revelation, and I have time to make a healthy breakfast and prepare a salad to take to the office.

#### Day 2

By 9.30pm I'm almost crawling to bed, but I still lie awake for 45 minutes. I have a lovely unbroken sleep and wake surprisingly chipper the next morning.

#### Day 3

I'm puppy sitting for a friend and decide to give the dog a good run in the morning. I slip between the sheets at 9.30pm and, amazingly, fall straight asleep. After another unbroken night, I wake with a spring in my step. By 6am I'm on Wimbledon Common, with time to prepare breakfast and lunch when I get back home.

#### Day 4

Once again I fall asleep easily. I've given myself a calming routine before bed – I don't fiddle with my phone or laptop, and I keep the

lights dim. Surprisingly, the 5.30am alarm is less painful than my old 7.30am wake-up, and my morning dog-walks mean I have more energy throughout the day.

#### Day 5

I've chosen a week without any nights out in my diary, so the 9.30pm bedtime is no trouble – but is it practical, especially at the weekend? My husband and I now go to bed at different times, which isn't great, although I can iron his shirt in the morning, which he sees as a bonus!

#### Day 6

Friday night and, if I wasn't going out, I'd have a few glasses of wine and fall asleep on the sofa. I don't want the experiment to end, so have a very sober evening and am tucked up by 9.30pm. Saturday morning is a beauty, and I am on the Common before anyone else. Who knew such a time existed on a weekend morning?

#### Day 7

We're away with friends and the experiment comes to a shuddering halt. My 9.30pm bedtime comes and goes, and I'm having so much fun I am still at the dinner table at 11.30pm. I suddenly feel horrendously weary, and when I rest my head on the table my husband shakes me awake and sends me to bed. Amazingly, I still wake at 6am, without an alarm, and feel remarkably good.

### MICHELLE'S VERDICT:

'I found it much tougher to go to bed early than get up early, so longer term I think a 10pm bedtime with a 6am rise will work better and still give me that extra time. I've swapped late-night rubbish television for early morning exercise and a proper breakfast, and that's been a real bonus. I'm not sure if it's the sleeping pattern, the healthy eating or the extra exercise, but I feel great and I don't want to go back to my old habits.'



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## THE EARLY WAKER

GH Books Editor Joanne Finney, 38, has no trouble dropping off, but always wakes too early. 'I'm nearly always awake before I want to be in the morning - often as early as 5.30am. Even if I go to bed early, I feel like I don't get more than six or seven hours a night, and I often wake in a bit of a panic, with racing thoughts, which isn't the best way to start the day,' she says.

### THE SOLUTION:

#### **CBT**

Jo tried Dr Gregg Jacobs' clinically validated online programme, Conquering Insomnia ([cbtforinsomnia.com](http://cbtforinsomnia.com)). 'We have learnt not to sleep well - if we can change our sleep behaviour and our beliefs around sleep, we can overcome insomnia,' says Dr Jacobs.

#### **Week 1**

My first task is to keep a sleep diary. I'm surprised by how much time I spend lying in bed awake in the mornings - up to three hours. At weekends I read, but in the week I lie in bed hoping I'll drift off again, which I rarely do.

Dr Jacobs' diagnosis is that I need a regular bedtime - 10pm, with lights out at 10.30pm. I'm known for going to bed early, but this is a bit much even for me. He suggests setting my alarm for 6am and getting up at 6.30am, with the goal of spending no more than 30 minutes in bed before lights out and no more than 30 minutes in bed after I wake up.

#### **Week 2**

The first night, I rush around trying to get everything done to be in bed by 10pm, feeling like a child who's been sent to bed early. Lights out at half past, and I'm asleep almost immediately. I wake up at 5.30am as normal, ignore the 30-minute rule because I'm too tired, but do get up at 7am, earlier than normal. The early start means I can sit and read the paper with a cup of tea and I don't start the day in a panic. As the week goes on, I notice I feel sleepier earlier in the evening.

#### **Week 3**

Week 3 is about 'positive sleep thoughts', although I don't think I have negative ones. Dr Jacobs suggests that although I've



self-diagnosed myself as an insomniac, he doesn't agree. I've always thought I sleep terribly but maybe I just need less than I realise? So my positive sleep thought for the week is to remind myself that, for me, six to seven hours a night is plenty.

#### **Week 4**

This week is all about relaxation - this I can do! Every day I have to set aside 20 minutes to relax, and I'm given some exercises to try. One technique involves relaxing every muscle in my body in turn; for another, I focus on the word 'peace'. My mind races for most of the time, but for the occasional stretch it's quiet and lovely. The advice is really helpful - don't expect perfection from others or have unrealistic expectations; see life as a challenge rather than a threat. I don't notice a change to my sleep, but I do feel more relaxed generally.

#### **Week 5**

My final week was about making sure my lifestyle encourages good sleep, so no caffeine for six hours before I go to bed and not too much booze. I do all these things anyway, so not much change there. Dr Jacobs also suggests using the relaxation techniques at night. If I wake up in the morning in a panic, it calms me down. One night, I even manage to go back to sleep using it.

**JO'S VERDICT:** 'If I'm honest, I don't think the CBT has improved my sleep. But for years I've been convinced I'm a bad sleeper, and this has changed that. It's great to realise I do get enough sleep - it's one less thing to stress about. I've also used the relaxation technique several times in stressful situations.'



## THE SMALL HOURS TOSSE

### AND TURNER

It's impossible for Susan Tudor, 66, to remember the last time she had a proper night's sleep - she's become used to waking at 4am and waiting for dawn to break! 'The broken nights started 25 years ago - my son was a terrible sleeper and I was up and down all the time. Although I go to sleep when I go to bed at around 10.30pm, I wake up worrying and then can't drop off again,' she says.

### THE SOLUTION:

#### *Controlled breathing*

Susan tried Dr Andrew Weil's yoga-based 4-7-8 breathing technique. 'The theory is that by imposing certain rhythms on the breath with your voluntary nervous system, changes are gradually induced in the involuntary nervous system. The results aren't instant - it's the regularity over time that counts,' says Dr Weil.

#### **How to do it**

Place the tip of your tongue against the ridge of tissue just behind your upper front teeth and keep it there throughout the exercise.

- Start by exhaling completely through your mouth, making a whoosh sound.
- Close your mouth and inhale quietly through your nose to a mental count of four.
- Hold your breath for a count of seven.
- Exhale completely through your mouth, making a whoosh sound to a count of eight.
- Now inhale again and repeat the cycle three more times.

#### **Did it work?**

Susan says: 'I've tried so many things over the years that I've become resigned to poor sleep, but I'm willing to give anything a go. On day one I practise the technique two or three times as instructed, then do it again before bed. Although I go straight to sleep, the phone rings at midnight and I have my usual broken night. The next night I wake at 4.15am



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[CONTINUED FROM PREVIOUS PAGE] and, instead of switching on the radio to try to lull myself back to sleep, I use the 4-7-8 breathing. To my amazement, I go back to sleep and wake a few hours later. The same thing happens for the next few nights. Although I wake early, the breathing helps me fall back to sleep. I miss the plays I usually listen to on the radio, but I love the sleep I'm getting. The next night I get to 5am without a break, and on day six I wake at 6am and can't remember whether I've woken up during the night at all!'

**SUSAN'S VERDICT:** 'I'm amazed by the difference this has made to my sleep in such a short time. The breathing technique is easy to learn, especially if you follow the demonstration (visit drweil.com and click on the 4-7-8 breath). I've also noticed that if I do wake up, I feel more relaxed and I know I can get back to sleep. I'm so impressed that I've passed it on to a friend who has sleep problems.'



## THE ALL-ROUND POOR SLEEPER

Most nights, Vickie Holtom, 40, finds herself falling asleep on the sofa at 9.30pm, waking at midnight and dragging herself to bed, but then she's wide awake in the early hours and unable to get back to sleep.

'I had always slept well, but once this problem started it lasted a few months. When I woke I would be awake for two and a half hours and, as I have to get up at 5.30am for work, I was exhausted,' she says.

### THE SOLUTION: *Hypnotherapy*

Vickie had two sessions with hypnotherapist Mark Powlett ([markpowlett.co.uk](http://markpowlett.co.uk)). 'Hypnosis is simply a way of learning to let go and relax - you are totally aware of everything during hypnosis, it's just that your self-conscious mind is more open to suggestion.'

### Did it work?

'My first session explores why I think I'm not sleeping, and when I talk about work pressures it all starts to make sense. Hypnosis isn't like anything you see on television - I'm fully aware that I'm in the room with

Mark, I can hear cars and people outside, but I feel deeply focused and very relaxed. It's a revelation to know that I can be so relaxed and not have all the other stuff racing round my head, and that night I sleep better than I have for months. He gives me tips, like keeping sticky notes by the bed to write down tasks rather than putting them into my phone, and he sends me an MP3 recording of our session. I think this could work, but there's a lot going on in my life and for the next two weeks I don't sleep well. I see Mark again and we focus on how I can switch off. At work I have an image on my laptop of my favourite place, and Mark suggests I have that in my head when I'm in bed. By week three, it's starting to work. I make a conscious decision not to talk about work in the evening, and I decide to go to bed when I feel sleepy.'

### VICKIE'S VERDICT:

'I still have occasional bad nights, but I'm sleeping so much better - it took someone else to show me I can relax and highlight how important my sleep is - I now make sure I get my seven and a half hours.'

## THE MIND-RACING WORRIER

Nodding off isn't a problem for Janet Woolland, 65, but she tends to wake around 2am and can't go back to sleep for two to three hours. 'I have a coffee around 8pm and go to bed around 10pm, by which time I'm often falling asleep although I do lie in bed and watch TV. I don't wake every night, but when I do my mind races and I can't drop off again until about 5am. Then I just doze until it's time to get up,' she says.

### THE SOLUTION:

#### *Sleep hygiene*

We asked Janet to make sure her bedroom was cool and dark and to cut out her evening coffee and TV-watching in bed.

### Did it work?

'I miss my evening coffee, but from day one the hardest thing is not having the comfort of being able to slip into bed and watch television, which I love. In keeping with my instructions, I leave the TV off and watch the news downstairs. This means I go to bed half an hour later and fall asleep quickly. For the first few days I don't notice any difference and wake at my usual time, but by day four I notice I am waking later than usual and sleeping on until 7am. By the end of the week I realise that, although there have been a few restless nights, I haven't had any of my 2am wakenings, which is a huge relief.'

**JANET'S VERDICT:** 'I realise that when I watched the TV in bed I tended to drop off watching it only to be woken up later by the noise - and this waking disrupted my sleep. Since starting the experiment I've had a better quality of sleep and I wake in the morning feeling better.'

## AND IF IT ALL FAILS...

How about regular sex as an antidote to insomnia? One survey found that one in six of us reports sleeping better after sex, and there may be some scientific basis for that. Intercourse releases the so-called cuddle hormone, oxytocin, and decreases the production of the stress hormone cortisol, leaving your body in a more relaxed state that makes it easier to fall asleep.

Snuggle up  
for better  
sleep?

## THE LONG-TERM INSOMNIAC

For the past seven years, Jennifer Gordon, 48, has suffered from debilitating insomnia. 'Getting through the day became the issue. I tried CBT, which helped my anxiety but not my sleep - I got to the point where I was feeling absolutely desperate. It's hard to take part in your life when you're so tired all the time.'



### THE SOLUTION:

#### Sleep workshop

Jennifer attended a one-day workshop at The Sleep School ([thesleepschool.org](http://thesleepschool.org)) where Dr Guy Meadows uses Acceptance and Commitment Therapy to help improve sleep. 'The key is to teach people to struggle less with their sleep problems so that they can save valuable energy to get on and live their lives. We believe accepting insomnia is the key to recovering from it.'

#### Did it work?

'I travel from Perthshire to London for the workshop feeling so tired that I'm on my knees. But sitting in the workshop is a great relief. I'm surrounded by fellow insomniacs who understand how it feels, and Guy feeds back to us, with humour, the process we go through on a nightly basis as we struggle to sleep. He then takes us through a series of mindfulness-based exercises designed to help us 'just notice', accept and embrace our insomnia rather than trying to control it. It all makes perfect sense, but the weekend I am in London for the workshop I don't sleep at all. Once I'm home, I practise the exercises we have been given and gradually my sleep improves. It's not a quick fix by any means, and I have to work at being mindful and calming my mind during the day, but after a month or two I notice a real difference in my sleep. There are ups and downs, but a definite progression towards better sleep.'

#### JENNIFER'S VERDICT:

'It's been a big turnaround. I'm still not 100% but now I only have occasional sleepless nights. This is the best money I've ever spent in my life.'

## TRIED & TESTED: GOOD SLEEP GADGETS

Are they the answer to your sleepless nightmares, or just a waste of money? The Good Housekeeping Institute has snuggled under duvets, plumped pillows and nodded off to relaxing apps to find out.



#### Toasty tech

For a snug night's sleep, we recommend the **Lakeland Luxury Fleece Fitted Electric Blanket** (86/100; £52.99-£75.99; [lakeland.co.uk](http://lakeland.co.uk)). We found it warmed beds evenly and was very comfortable to sleep on.

**WARNING:** Do not use an electric blanket with a memory-foam mattress, mattress topper or pillow as it can melt them.

#### In it tog-ether

If you feel the cold more than your other half, a split duvet where each side has a different tog rating is the solution. Our testers rate the **Duvet Talk White Goose Down Partner Duvet** (from £104.95; [duvettalk.co.uk](http://duvettalk.co.uk)). The difference in the two sides is noticeable but, despite one being heavier, the duvet stayed in place all night.

#### Clever gadget alert

The **Sound Asleep Pillow** (£17.99; [firebox.com](http://firebox.com)) has a built-in speaker and cable so you can hook up your mobile, iPod or radio and listen to relaxing music or your preferred sleep app in comfort. Testers found it comfortable to lie on and discreet enough not to wake their partner.

#### Up and at them

If you struggle to wake up on dark Winter mornings, the **Lumie Bodyclock Starter 30** (£59.95; [lumie.com](http://lumie.com)) could help. This GHI-approved alarm clock has a built-in lamp that's set to gradually light up 30 minutes before you want to get up, for a gentle wake-up.

#### Time for a new mattress?

We spend a third of our lives in bed so it's worth buying the best mattress you can afford. Most need replacing after 10 years or could start to affect your sleep. Although you can buy online, this is one purchase you need to try before you make a decision. Lie on a few to get a feel, and try the hardness test - slide your hand into the small of your back: if it gets stuck the bed is too soft and if there's a gap, it's too hard. **For our mattress buying guide, see [goodhousekeeping.co.uk/institute](http://goodhousekeeping.co.uk/institute)**

#### Don't waste your money

Our testers found that none of the **lavender pillows** they trialled improved their sleep - most lost their aroma rather rapidly, too. If you're just looking for a lovely scent, try **Celia Lindsell French Linen pillows** (£25.95; [celialindsell.com](http://celialindsell.com)), which are filled with dried lavender from Provence.



## 3 FREE SLEEP APPS THAT WORK

### WHITE NOISE

From clothes dryers to a whirring fan, these recordings of household noises will help you doze off. Available for *Android*, *Apple* and *Windows*

### RELAX & SLEEP WELL BY GLENN HARROLD

This self-guided meditation is a good way to clear a buzzing mind before bed. Available for *Android*, *Apple* and *Windows*

### RELAX MELODIES

Select a soothing sound - from ocean waves to a crackling fire - to gently ease you to sleep. Available for *Android*, *Apple* and *Windows*



# STILL GOT IT! PERFECT!



NEW

AT SEVEN SEAS WE BELIEVE: AGE, IT'S JUST A NUMBER.

SEVEN  
SEAS®  
SINCE 1935

order &  
collect



**Perfect7 Prime only at Boots**

Order by 8pm and collect for free tomorrow from midday.



let's feel good

See [boots.com/ordertodaycollecttomorrow](http://boots.com/ordertodaycollecttomorrow) for full terms and conditions about the order & collect service.  
Monday – Saturday, geographical exclusions apply.

A photograph of two women laughing and dancing. One woman has long red hair and is wearing a purple top, while the other has long dark hair and is wearing a light blue top. They are both wearing jeans and are in a room with a bed and pillows in the background.

# SENSITIVE BLADDER?

# So what! DANCE ALL YOU WANT.



Up to 40% thinner.\* Absorbs 2x more than you may need.\*\*  
**Always Discreet Liners and Pads.**

Always Discreet Liners and Pads have an 'ultra' thin absorbent core that turns liquid into gel. So even though they are up to 40% thinner\* than the leading brand, they still absorb 2x more than you may need.\*\*

Also available in Underwear.

\*Compared to the leading brand, percentage varies across line-up.

\*\*Based on average consumer loading.

<sup>†</sup>377 UK shoppers surveyed, Sep '14 - Jan '15



# Terrorism? Global warming? Economic chaos?

# No FLU is our #1 risk



## Five years ago,

the H1N1 swine flu outbreak was derided as the pandemic that never was. The nation was left with a huge stock of Tamiflu and seemingly nothing more serious than a healthy dose of cynicism. Yet on the Government risk register, pandemic flu is still ranked as the top danger faced by this country, more likely than, and above, a major terrorist attack. Surely, having cried wolf once, we should downgrade the risk? After all, don't we now know that flu isn't the threat we thought? 'The 2009 H1N1 pandemic does not change the concerns about another pandemic emerging or mean that the severity of any future pandemics will be the same,' says the 2015 Government risk register. Professor John Edmunds of the London School of Hygiene is even more emphatic: 'The risk hasn't gone away. It will happen.'

The 2009 pandemic may officially have been counted as 'mild', but it still killed 457 people in the UK and over 350,000 worldwide. And for Dr Stephen Brett, now President of the Intensive Care Society,

Christmas 2009 is etched in the memory. He was on duty in a London intensive care unit (ICU): 'The media was saying "it's not a real thing" but we were under immense pressure. In our ICU we had significant numbers of young people with flu, including some who were recovering from leukaemia who were extremely unwell. We had some deaths.'

Across the country, ICUs reported that 20% or more of their beds were occupied by flu victims. Some had other medical problems, but most were young and previously fit and well. Pregnant women were among the worst affected. 'Overall, mortality if admitted to an ICU was 25%', says flu expert Jonathan Van Tamm of Nottingham University, 'and 8% if you were admitted to hospital.'

Nor should you think of pandemic impact simply as flu deaths. As Stephen Brett points out, when ICUs start to fill up, there is a big knock-on effect right through a hospital. The capacity to deal with other emergencies is reduced, resulting in preventable deaths in those with other

medical conditions. Even if flu is mild, if many children are off school even for only a few days, it means their mums or dads have to stay at home, crippling staffing in hospitals, schools, transport and business.

Nevertheless Jonathan Van Tamm admits that we did overreact in 2009. 'We only rehearsed one way to act, but we now know we need a range of options, depending on the severity of the strain.' Unfortunately, in some countries, surveillance systems aren't effective enough for us to be sure of the real severity of the situation. 'With the public's health at risk, you always have to err on the side of caution,' he says.

## Why so scary?

Three things really scare governments about a severe pandemic. First: chaos caused by disruption to areas of life that are particularly vulnerable to mass work absence through flu. Remember what happened when tanker drivers went on strike? The country ground to a halt in days. Second: civil unrest. For example,



[CONTINUED FROM PREVIOUS PAGE] there are relatively few paediatric ICUs. Beds would be made available not to the sickest child, but those most likely to get better with ICU care. Imagine the reaction of the family and friends of the child refused care. Third: a pandemic would have a huge economic effect on the country.

What do scientists worry about? H5N1 avian or so-called bird flu has been stable since 2008. Although you can't ever turn your back,' says Van Tamm. 'But there has been a sudden surge in H5N1 cases in Egypt. H7N9 (a new strain of avian flu emerging in China) is at least as great a concern because of the way that it has spread in birds. Many more humans may have been exposed.' Human exposure gives the virus an opportunity to make the jump to human transmission. MERS (Middle East Respiratory Syndrome) is a coronavirus (like SARS) that's also on the radar. 'It has pandemic potential,' says Van Tamm. What concerns experts is that it is currently found in countries with good health systems. Spread to poorer countries, it could lead to explosive growth – just as we saw with Ebola.

At least with MERS, people are infectious when they are ill and, like Ebola, quarantine and isolation will halt it. With flu, people without symptoms are able to spread it widely. Rapid transmission, severe illness, chaos, economic impact. No wonder the Government keeps flu right up there.

And flu is probably much more prevalent than we think in the community, as flu stats only cover those going to the doctor. If you want to be part of the true picture, John Edmunds invites GH readers to report their flu-like illness on FluSurvey ([flusurvey.org.uk](http://flusurvey.org.uk)), which will allow FluSurvey to compile maps showing UK flu hot zones.

## Flu or just a bad cold?

Without sticking a swab up your nose, you can't know for sure. Flu generally has symptoms like fever, aching limbs and fatigue, but there are no hard and fast rules. 'Flu involves a huge spectrum of disease,' says Professor Edmunds. 'About a third will be infected and have no symptoms, a third will get minor illness and a third will be severely affected.' But he admits the famous £50 test told to me by GP Dr Rosemary Leonard is highly indicative of flu: 'With a cold, you'd go out to pick up a £50 note you

## FLU MYTHS DEBUNKED

### *You only get flu if you have an impaired immune system*

Wrong. Depending on the strain, those who are fittest (and likely to have the best immune systems) may have the most severe symptoms.

### *The vaccine can give you flu*

Wrong. Flu vaccines contain inactivated virus. However, you may catch another flu-like illness not covered by the vaccine – that's why people believe this.

### *I've already had flu so I don't need a vaccine*

Wrong. There are many different strains of flu and getting one won't protect you against another.

### *I had a vaccine last year, I don't need another one*

Different strains circulate each year, so last year's vaccine won't protect you against this year's flu strains.

### *You should avoid flu vaccines in pregnancy*

Wrong. In fact, the vaccine is safe at any stage of pregnancy and could be a lifesaver, as pregnant women can become very sick with flu.

### *You need antibiotics if you get flu*

Antibiotics won't help you get over flu unless you develop a secondary infection.



Flu got you?  
Best to stay in!

saw in the garden, with flu you wouldn't.'

So how can you protect yourself? 'For seasonal flu, vaccines are the cornerstone,' says Dr Richard Peabody, Head of Flu Surveillance at Public Health England. Last year's flu vaccine wasn't a good match because of a sudden late shift in one strain which became the dominant one. But this year, it looks like it is. He particularly urges pregnant women to get vaccinated and also children, because it both protects them and stops them spreading the virus to vulnerable adults.

In a pandemic, vaccines are of little use as it takes nine months from identifying a strain to physically having vaccines on the shelf. Even then, they would be used for front line health care workers first. People are working on a universal vaccine but we are a long way from having it. The most important measures would be not going out if you have flu, frequent washing of hands (to avoid transmission of a virus from solid surfaces) and using a tissue when you cough or sneeze and disposing of it. These measures are equally important for seasonal flu. Masks are probably of little benefit. □

## Past pandemics in focus

### SPANISH FLU 1918-20

Affected more than 1 in 5 of the world's population, killing up to 50 million. Highly infectious, with death rate of 20%. Highest mortality rates in fit under 50s. Origins: unclear.

### ASIAN FLU 1957-58

Seen first in China, killed up to 4 million people. Elderly were particularly vulnerable. Origins: from ducks.

### HONG KONG FLU 1968-69

First case recorded in Hong Kong, up to 1 million deaths. Origins: a variant of earlier Asian Flu. Over 60s most vulnerable.

### 'SWINE' FLU 2009-10

Seen first in Mexico, up to 300,000 deaths. Origins: humans, birds and pigs.

 DURAVIT



# CAPE COD

The new bathroom series by Philippe Starck. [info@uk.duravit.com](mailto:info@uk.duravit.com) [www.duravit.co.uk](http://www.duravit.co.uk)

# HIGH CHOLESTEROL? YOU OAT TO KNOW ABOUT BETAVIVO



## Lower cholesterol – the Swedish way

Beta-glucan from oats **reduces the high blood cholesterol** which is a risk factor in the development of cardiovascular disease.

A team of Swedish scientists have discovered a way of extracting high concentrations of bio-active **beta-glucan from Nordic oats**. This discovery has been embodied in Betavivo.

One small daily serving of Betavivo will provide the full amount required to reduce cholesterol.

Consumption of beta-glucan from oats will also contribute to the **reduction of the blood sugar rise** after the meal – another great health benefit.

Try Betavivo for breakfast with yogurt or between meals.



**Jennifer Woods, London:**  
"My levels have already gone down! For me, Betavivo is a more natural way of lowering cholesterol. I would recommend Betavivo to any of my friends who worry about high cholesterol."



**Terry Calvert, Birmingham:**  
"I actually managed to lower my cholesterol without medication! I am strongly recommending Betavivo to everybody – almost to the point of stopping people in the street!"



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At Lloyds, Holland & Barrett and leading independent pharmacies.

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with Professor Tanya Byron

Dear Tanya

# My ex can't be the father our son wants him to be



Professor Byron is a chartered clinical psychologist. Each month, she counsels a reader going through an emotional crisis.

My grown-up son has always struggled in his relationship with his father (we divorced when he was young). Despite his father's temper and constant put-downs, my son has always looked up to him. He needs to come to terms with the fact his father will never be the man he wants him to be. Should he seek professional help?

**T**

**ANYA SAYS**

Your letter highlights the negative impact of absent or emotionally unavailable fathers on the psychological and emotional development of their children. Your son shows a desperate and unfulfilled need to be shown love and respect by his father, and no other significant person in his life can replace this.

Studies consistently show how important fathers are to the development of their children psychologically, emotionally, behaviourally and intellectually. And they have indicated strong links between the lack of these things and negative outcomes for sons – including problems with criminal behaviour, self-esteem, intellectual functioning, language development and reasoning, and the ability to form strong adult relationships.

For your son, I suspect experiencing a lot of anger and criticism from his father has left him feeling that he could never be good enough. Children crave acceptance and nurture and for a child who sees relatively little of one parent, the times together are crystallised into memory.

I suspect your ex's anger and negativity may have been one reason for your own relationship breakdown. For some couples,

negative feelings and behaviours dissipate once the trigger for their unhappiness (their spouse) is no longer in their daily lives. But it sounds as if your son's father was either angry and negative regardless of who he was with, or he harboured resentment towards you that he projected on to your son.

Being caught in the crossfire of parental relationship breakdown can be distressing and unsettling for a child, who may feel they are somehow responsible for the anger and criticism they receive. Internalising this, they can develop into adults riven with self-doubt and an inability to feel good enough.

The other risk is that hostility experienced as a child can be replayed in adult relationships. Good men with an internalised negative role model can find themselves quick to anger with their own child, which leads to further unhappiness.

In order to separate this negativity, your son needs to find a way to accept who his father is. Acceptance is an odd word, as it can imply condoning poor behaviour, but that is not the case. Your son needs to come to terms with the fact that his history

with his father cannot be rewritten and his father is unlikely to change. This is a painful process, similar to grief, encompassing anger and deep sadness.

A period of time for learning to tolerate this sadness and accepting the relative unlikelihood of your ex-husband becoming the father your son craves needs to follow. Your son then needs

space and support to reflect on who he is and how his low self-esteem is a legacy of his relationship with his father.

Your son's longing for and rage towards his father leaves him feeling conflicted and helpless. Your suggestion that he seeks professional help may exacerbate his low self-esteem, but you are right. For your son to address these multilayered issues and rebuild his sense of self-worth, he would benefit from a confidential safe space with a professional who can guide and support him (via his GP, or see bps.org.uk or bacp.co.uk).

I hope some of the themes I raise here will enable you, or perhaps his wife, to have a supportive and non-threatening discussion with him. □

“  
Good men with an internalised negative role model can find themselves quick to anger  
”

## Want to ask Tanya a question?

Email [ghasktanya@hearst.co.uk](mailto:ghasktanya@hearst.co.uk) or write to: Ask Tanya, Good Housekeeping, 72 Broadwick Street, London W1F 9EP. We regret we are usually unable to respond to letters individually.



# PAIN RELIEF

## PRODUCT OF THE YEAR<sup>®</sup>

The UK's only pain-relieving gel  
with two pain-killing ingredients  
plus anti-inflammatory action.



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Available from most high street, community pharmacies and grocery stores nationwide.  
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# Deep Relief

From the makers of DEEP HEAT  
[www.deep-relief.co.uk](http://www.deep-relief.co.uk)



*This month's round-up of the latest issues*

## Click your way to better health?

**G**ood online tests use the latest medical research to assess your risk of disease, prompting you to seek help or improve your lifestyle. At least, that's the theory. In practice, we're often unwilling to commit to change or feel anxious after reading the results, says Professor Elizabeth Murray of UCL. Before you start clicking, think how you will act on what you learn:

◆ *Heart age* ([nhs.uk/tools](http://nhs.uk/tools)). Tap in your blood pressure and cholesterol count, and it calculates your 10-year risk of heart disease, plus the number of years you're likely to live heart attack-free.

◆ *Hearing* ([actiononhearingloss.org.uk](http://actiononhearingloss.org.uk)). Practical and useful, especially if you use headphones to test each ear.

◆ *Five-year survival* ([ubble.co.uk](http://ubble.co.uk)). Estimates your chance of being around in 2020, plus your biological (as opposed to real) age. Based on sound, if selective, research. If you tend



Digital doctor?  
Be sensible about online tests

to walk fast, you're probably doing okay!

◆ *Depression* ([nhs.uk/tools](http://nhs.uk/tools)). This short version of a professional test has a low threshold (5) for mild depression, so don't do it on a bad day. Scoring 10+ should send you to your doctor.

### DID YOU KNOW?

*Feeling down may simply be a part of who we are. Most Brits have a short serotonin transporter gene, making us vulnerable to low moods, say scientists at Warwick University. To curb it, follow the five steps to happiness that the NHS recommends: connect, stay active, keep learning, be mindful and give to others, even if it's only a smile.*

FEATURE: LINDA GRAY; PHOTOGRAPHY (POSED BY MODELS): GETTY

## 5 WAYS TO IMPROVE YOUR FAMILY'S HEALTH IN NOVEMBER

**1** Make your colleagues a cuppa. Giving people something warm to hold makes them more co-operative, says psychology professor Lance Workman.



More tea means more sympathy!

**2** Say pants to heavy periods. Soft

DiaryDolls briefs (£14.95, John Lewis) have a secret leakproof panel. Perfect for nervous teenagers or pelvic floor weakness, says their co-creator, TV's Carol Smillie.

**3** Chant 'om' to see off stress.

Research suggests it calms us by switching off distracting thoughts and increasing emotional awareness.

**4** Light the log burner

Gazing at the flames of a real fire can lower blood pressure, according to a recent study. (The longer you watch it, the greater the effect, so make sure you keep it stoked up.)



**5** Warn him about Scotch Bonnets.

Chillies can boost testosterone levels, according to new research. But eating the hottest could land him in hospital, too, so go online to check the Scoville spiciness scale first! □

## Breathe easy

**M**ost cases of asthma are easy to treat, says respiratory physician Professor Stephen Scott, yet many sufferers end up in hospital unnecessarily. How can you make sure you're not one of them?

◆ *Recognise the problem.* It's easy to blame a cough or wheeze on a lingering cold. But we can lose up to 40% of our lung function without noticing – leaving over two million people with undiagnosed breathing problems.

◆ *Have your puff power tested.* As one in three people diagnosed with asthma may not have it, new guidelines say breathing should be tested before drugs are prescribed. (Sometimes, however, repeated tests are needed, so doctors hand out inhalers just in case.)

◆ *If you have a brown inhaler, use it!* Everyone with asthma should have, and follow, a written action plan. It's vital to use a steroid inhaler if prescribed, because it damps down inflammation – and to see a doctor if you're using the reliever inhaler more often.

◆ *Get moving.* Raise a cheer for fellow sufferers Becks, Paula Radcliffe and Sir Bradley Wiggins, who show how exercise helps keep asthma under control.



Get walking to help your asthma



# Bring back the good times.

You want to keep enjoying the food and drink you like.

So you should keep brushing twice a day every day with a Sensodyne desensitising toothpaste. And not stop when your sensitivity pain goes away because chances are it will come back. But the good news is, you can help prevent it.



Sensodyne, NovaMin and the rings device are registered trade marks of the GSK group of companies.

Nº1 DENTIST RECOMMENDED BRAND FOR SENSITIVE TEETH



## ASK SARAH

*Dr Sarah Jarvis answers your health questions this month*

♦ The availability of cancer drugs ♦ Diagnosing the menopause ♦ Caring for feet



# Why can't I get the drugs I need?



*My sister and I both have the BRCA gene, and have been diagnosed with ovarian cancer. I live in Wales and my sister lives in England. She was treated with Avastin, but my consultant said it's not available to me. I thought postcode lotteries weren't supposed to happen now?*

**A**sadly, serious cash restrictions in the NHS mean this issue is very real. But the big difference for cancer drugs is devolution. The UK countries have different arrangements for funding expensive drugs such as newer cancer treatments. The Welsh Assembly Government has decided against having a dedicated cancer drugs fund on the basis that it would be unfair on patients who didn't have cancer. Scotland now provides funding through the New Medicines Fund, and has doubled the amount available to £40 million a year with a promise to maintain it for 2015/6. In February this year, Northern Ireland's health minister looked at the current system, called Individual Funding Request. Under this, 95% of patients have their request for cancer drugs turned down, unless they can prove their case is different from others requiring the same drug. But the Northern Irish Government has now recommended setting up a Specialist Medicines Fund, along

Scottish lines, to give access to innovative medicines for a variety of unusual conditions, including cancer.

In England, there's a dedicated Cancer Drugs Fund, which this year has £340 million to spend on cancer drugs that haven't been approved by NICE (the National Institute for Health and Care Excellence). But it has already done two reviews of medicines it previously approved this year and has stopped offering most of these to new patients. So living in England doesn't guarantee access to expensive cancer drugs, either. Obviously it's devastating news for some sufferers, but with the current state of NHS finances, I'm afraid these aren't the only difficult decisions being made. The charity Target Ovarian Cancer is campaigning on this issue, and if you are struggling to get hold of the drugs you feel you should have access to, anywhere in the UK, it can help support your application and challenge individual decisions.



*I'm 48 and have terrible hot flushes – my last period was a year ago. My GP suggested HRT but won't do a blood test to check if I'm menopausal. I'm also worried about a second menopause if I stop HRT.*

**A** New draft guidelines on the menopause have come from NICE. It doesn't recommend blood tests for women over 45 who are having hot flushes, vaginal dryness, etc – saying menopause can be confidently diagnosed on the basis of symptoms if it's a year after your last period. In under 45s, doctors may check for menopause using a blood test called FSH (Follicle Stimulating Hormone). There is also guidance on HRT, which is very effective for hot flushes, but which has also raised controversies in recent years. There is a small increased risk of a clot on the leg or lung and, for every 200 women taking combined HRT for five years, one may get breast cancer who wouldn't have done otherwise. Also, tablets may slightly increase the risk of stroke. Tailing off HRT rather than stopping abruptly may reduce the chance of hot flushes recurring in the short term.

## SARAH'S TIPS FOR... happy feet

Considering they carry all our weight, it's not surprising most of us suffer problems with our feet at some time.

**1 Pain under your heel** may be plantar fasciitis – an inflammation of the connective tissue along the sole of your foot. If rest and painkillers don't help, see your GP.

**2 Bunions** cause prominence of the bones at the base of your big toe, and can give rise to pain and inflammation, too. Avoid high heels and pointy shoes to stop it worsening.

**3 Gout** also causes pain at the base of the big toe, but severe pain, swelling and redness come on rapidly. Anti-inflammatory tablets relieve acute attacks, but your GP may recommend regular preventive medicine if you get frequent episodes.

**4 Morton's neuroma** is inflammation around the nerves that run between your metatarsals – bones connected to your toes. It causes pain when you walk and sometimes aching soles. Specialist insoles and roomy shoes may help – otherwise, see a podiatrist.



**5 Keeping your weight down** with diet and exercise helps pretty much all painful foot conditions – cycling and swimming can help you stay fit if your feet hurt. □

# Roll away pain

If muscles go 'ouch!' ...relax. Let soothing essences from Puressentiel roll away stiffness in aching muscles and joints

We all have them from time to time – aches and pains that stop us enjoying what we love doing.

Maybe we've overdone the gym or garden, stooped and felt that familiar back twinge, or simply woken up with a stiff neck or joints. It's a relief to know there's a natural, highly effective remedy.

The Puressentiel Muscles & Joints Roller combines 14 essential oils, all 100% natural, and is clinically proven\* to effectively soothe tense, sore muscles and ease stiff, painful joints. Recommended for athletes and everyone with acute or chronic muscle and joint pain, the handy, portable rolling ball massager delivers on-the-spot, lasting relief.

This bestselling natural pain relief has been a favourite in France for 10 years. Now everyone here can benefit from the way Puressentiel Muscles & Joints improves suppleness and flexibility, helping daily activities like walking, driving or simply getting dressed feel easier and more comfortable. So relax...



## AROMATHERAPY

*The unique blend of essences*

- including camomile, pine, eucalyptus, wintergreen, lavender, peppermint and rosemary - deliver potent pain relief for body and mind.

Puressentiel is available from larger branches of Boots, Day Lewis and independent pharmacies. For more details, visit [puressentiel.co.uk](http://puressentiel.co.uk).



## Let soothing essential oils help relax tense muscles and ease stiff joints

# Stay healthier to work even better

**M**ore midlife women are employed than ever before, but to flourish in your working life you need to stay on top of your game. So try these strategies to power through to your 50s, 60s and beyond.

**● Ring-fence relaxation.** Women in their early 50s have some of the highest levels of work-related stress, says the TUC. Join a yoga

class or walking group and, if the pressure's overwhelming, request flexible working – you don't have to be a carer to get it.

**● Power up.** Two sessions of strength training a week help to protect your back – vital in caring professions. And if you're glued to your desk, standing up 32 times a day can improve immunity, says anti-ageing guru Dr Christiane Northrup.

**● Have a cunning plan.** Though increased skill and

judgement more than compensate for your brain's slower speed, concentrating can be a problem. Improve yours by tackling one thing at a time.

**● Ban old-speak.** Thinking negatively about ageing increases aches and pains and even positive images of age can depress us, a new study has found. Much better to ignore your birthdate and enjoy life as the smart, capable woman you are.



Make a stand:  
get on your feet  
in the office



*I've been called for a smear test, but I'm 59, divorced, and not in a relationship. Do I really need to go?*

Just say yes! Cervical cancer certainly affects older women, and almost half of all those who lose their lives to it are over 65.

And it's not just a problem for women in new relationships. New research shows that HPV – the virus transmitted during sex that triggers cervical cancer – can linger in the body for years before going rogue. A high number of past sexual partners may raise the risk but, as 80% of us

have had HPV, every woman who has had sex is vulnerable.

HPV is usually symptomless, so a smear test is the only way to catch problems early. True, it can be uncomfortable after the menopause, so use a vaginal moisturiser before you go and request a smaller speculum, says the charity Jo's Trust. But you don't need screening if you've had a hysterectomy for a non-cancer cause. No cervix, no problem!

## HOW SHE DOES IT!



'I wasted so many years thinking I wasn't pretty enough,' confesses triple Oscar-winner MERYL STREEP. 'Now I'm enjoying the tatters of what's left, and I'm very happy. Part of it is having beautiful strong daughters and hearing them whine about what's wrong with them. I'm like: Shut up, you're lovely! Don't worry about your skin or your weight. Develop what you do, what you put your hands on in the world.'

**Brain booster:**  
treat yourself to a  
healthy brunch



## A youthful mind

The latest research suggests nutrients can fight ageing in the brain as well as the body. Here's some seasonal food for thought.

**■ Smoked salmon and scrambled eggs.** This combo is a great source of omega-3s and B vitamins, which a study at Oxford found work together to reduce brain shrinkage.

**■ Nuts.** Eating a mixture of walnuts, almonds and hazelnuts is linked to better thinking skills, says the respected Predimed trial into the effects of diet.

**■ Easy peelers such as satsumas,** along with other citrus fruit, are a rich source of flavanones, which protect brain and heart. A study by the University of East Anglia found that a regular intake of citrus cut women's stroke risk by almost one-fifth. □



Zest for life: stock up on citrus

# Happy healthy smile

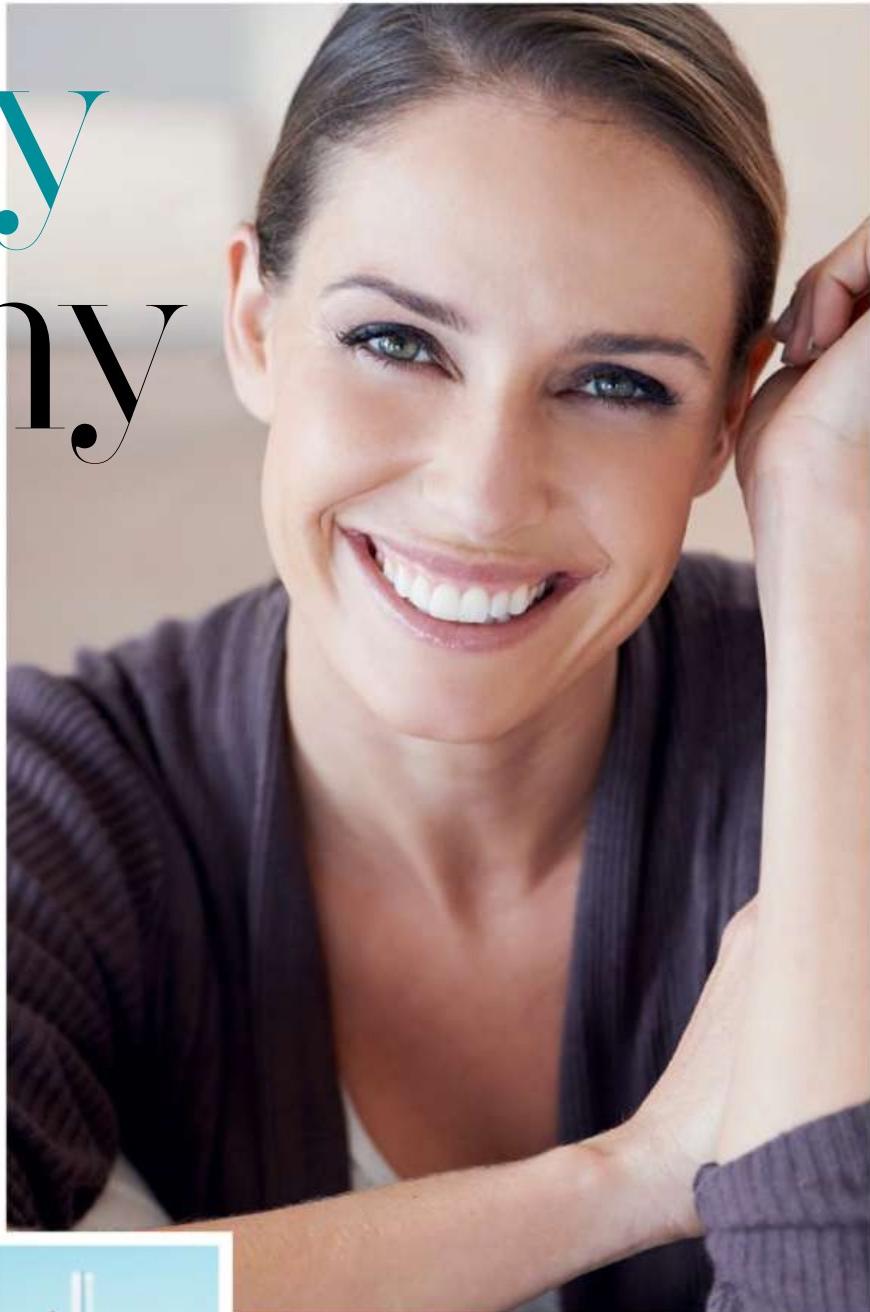
Your smile is your greatest natural asset. TePe Interdental Brushes help you do even more to protect it

**I**eadng a healthy lifestyle means you probably like to look after your smile. But did you know that regular toothbrushes clean only up to 60% of your teeth: the front, back and biting surfaces? Yet it's the hidden 40% between your teeth where the most common dental diseases start. That's why daily interdental cleaning is so important. Research shows that it can successfully prevent both dental disease and cavities and there's also evidence that using an interdental brush is the most effective way of removing plaque from hard-to-reach places.

So it's no surprise that 94% of dental hygienists recommend TePe Interdental Brushes\*. They're easy to incorporate into your daily oral hygiene routine: simply use them to finish what your toothbrush starts. You can safely use them to remove plaque and trapped food from between teeth, bridges and crowns – all you need do is make sure your TePe brush fits the space between your teeth and touches the sides of the teeth. And with five colour-coded sizes to choose from, that's easy, too. There's even a TePe Angle brush that's ideal for cleaning those hard-to-reach back teeth. So it's easy to keep smiling!



**CLEAN BETWEEN** Available in five colour-coded sizes, with original or longer handles, TePe brushes suit all needs (your dental hygienist will advise which size is best for you). Find TePe Interdental Brushes in larger supermarkets and pharmacies, RRP £3-£3.25. For more information, visit [tepe.co.uk](http://tepe.co.uk)



*TePe Interdental Brushes clean the hidden areas between your teeth that regular toothbrushes can't reach*



Registered nutritionist Anita Bean uncovers what's healthy and what's hype

# Keep control of snacking

# A

re you a constant snacker? These foods may help to keep your hunger pangs in check:

**1 Strained Greek yogurt.** A study of 8,500 people found those who consumed at least seven servings of low-fat or full-fat Greek yogurt a week were 20% less likely to become overweight during the six-year follow-up. Researchers believe yogurt's protein, calcium and probiotics may all play a role in keeping weight down.

**2 Beans, lentils and chickpeas.** Their high levels of fibre and slow-to-digest protein helps keep blood sugar and carbohydrate cravings in check. A recent study found those who ate 160g of pulses a day felt 31% fuller than those who didn't.

**3 Mangoes.** They contain mangiferin, a compound that can help reduce body fat and control blood sugar levels. In one study, people who ate mangoes regularly weighed 4kg less and had better diets.

**4 Porridge.** Oats are rich in beta-glucan, a type of fibre that helps keep you feeling full for hours after breakfast. Why? It increases levels of the appetite-regulating hormone cholecystokinin, which helps reduce hunger.



Craving control:  
pass the  
Greek yogurt



Under pressure?  
More fruit and  
veg could help

## NATURAL BLOOD PRESSURE CONTROL

If you have mild hypertension, upping your potassium intake by eating more fruit, vegetables and nuts can lower your blood pressure. In an analysis of 15 previous studies involving more than 900 people, those who met the daily recommended 3.51g of potassium lowered their systolic pressure by 5mmHg and diastolic by 3mmHg. You can obtain this from five portions (400g) of fruit and veg a day. Other ways to lower blood pressure include maintaining a healthy weight, cutting salt, taking regular exercise and staying within safe alcohol limits (fewer than 2-3 units daily). □

## JUICE BOOST

Blackcurrants could help you stay alert, say researchers. In a recent study, people who drank 150ml of the juice or took a blackcurrant supplement performed better in tests of accuracy, attention and mood than those who didn't. The benefits are thought to be due to the fruit's high content of antioxidants (polyphenols), which help protect the brain from cell damage. Researchers at Aberdeen University recently found that blackcurrants contain the highest levels of antioxidants of all fruit - and, surprisingly, more than blueberries. These health-promoting

compounds help strengthen blood vessels and improve blood flow. Around 150g berries or 1 capsule of Curranz New Zealand blackcurrant extract (available from independent health stores or [healthcurrancy.co.uk](http://healthcurrancy.co.uk)) produce the same benefits.

Why blackcurrants may help you concentrate



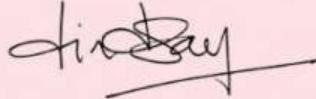
## SMALL CHANGES, BIG DIFFERENCE

Boost your willpower by knowing how far you would have to walk to burn off the calories in your favourite soup

◆ ½ can (200ml) Heinz Cream of Tomato	118 cals		1.5 miles
◆ ½ pot (300ml) New Covent Garden Carrot & Coriander	108 cals		1.4 miles
◆ ½ pot (300ml) Tideford Organic Spicy Butternut & Sweet Potato	105 cals		1.3 miles
◆ ½ pot (300ml) Waitrose LoveLife Italian Bean	127 cals		1.6 miles
◆ ½ pot (300ml) Tesco Finest Moroccan Chicken	178 cals		2.2 miles
◆ ½ pot (300ml) Glorious! Thai Carrot & Lemongrass	119 cals		1.5 miles
◆ ½ pot (300ml) Sainsbury's Broccoli & Stilton	177 cals		2.2 miles

Is this your year to get fit, step out of your comfort zone and do something different? MoonWalk London ticks all those boxes. Join the GH team as we get ready to mark Walk the Walk's 20th year...

**G**ood Housekeeping is delighted to support Walk the Walk. We feel very proud of our readers who have helped this amazing charity raise millions of pounds over the years to support the thousands of people dealing with the reality of breast cancer every day. As well as being Walk the Walk's official media partner for the past seven years, we always enter a team of staff for the London MoonWalk. When online booking opens in October, it marks the beginning of the build-up to another year's challenge.

  
Lindsay Nicholson,  
Editorial Director

## MOONWALK LONDON 2016

Not much beats walking through London at midnight in a brightly decorated bra and feeling totally safe – as if you own the place! It's probably got something to do with being alongside thousands of other similarly clad women – and a good few men, too. There's a brilliant sense of camaraderie and the feeling of achievement is unbeatable, whether you've done the full 26.2 miles or the Half Moon course. Next year's event is in May, and you can sign up for a place from the end of October.

And it's not just about walking – 2,000 volunteers are needed to help the London MoonWalk run smoothly – as well as to hand out medals at the finishing line. If you have done the walk, you will know the route volunteers are the heroes of the night!

## WALK THE WALK EVENTS

- ◆ London is not the only event. The MoonWalk Scotland takes place in

# WALK WITH US... TO BEAT BREAST CANCER



GH's Lindsay Nicholson with her team

Edinburgh in June and has two extra distances. The New Moon is 6.6 miles and is for walkers aged 10 and over, while Over the Moon is an incredible double marathon (52.4 miles) that has to be completed within 14 hours!

- ◆ Then there is the epic 3 Land Challenge – doing the MoonWalks in Scotland, London and Iceland, just a few weeks apart. Good luck with that!
- ◆ Walk the Walk is also the organiser of The Arctic Marathon – a 26.2 mile backcountry skiing challenge in the far north of Lapland.
- ◆ To find out more about all of these events, visit [walkthewalk.org](http://walkthewalk.org) or phone 01483 741430.

## WHERE THE MONEY GOES

In 20 years, Walk the Walk has raised an incredible £100 million, which has helped many charities connected with breast cancer.

- ◆ It made its first grant in 1996 to

Breakthrough Breast Cancer, and has been supporting the organisation's work over the years – including, most recently, vital research into secondary cancers.

- ◆ Money goes to support charities that provide emotional, physical and practical support for cancer sufferers, including Penny Brohn Cancer Care in Bristol, The Haven and Maggie's Cancer Care Centres.
- ◆ Walk the Walk helped fund several major projects at the Breast Cancer Institute in Edinburgh, including renovating the breast ward and mammography unit, as well as building a new operating theatre.
- ◆ It has provided funding to over 200 hospitals across the UK to purchase Scalp Cooling Equipment – amazing machines that help many who are undergoing chemotherapy to retain their hair.
- ◆ Smaller charities have also benefited, including Medical Detection Dogs, which is researching to learn if dogs can detect breast cancer from other types of cancer.

Excitement mounts at the start of the walk



## HOW IT STARTED

Nina Barough CBE, Founder of Walk the Walk, says:

'When I woke up one day in 1996 with the fun idea of power walking The New York City Marathon in a decorated bra to raise money for breast cancer, I didn't know anyone with the disease and had never done any fundraising. But the thought of a weekend in The Big Apple with a group of women did sound like fun! Nowhere in my dream did I imagine that within weeks I'd be diagnosed with breast cancer myself, or that this crazy dream would go on to form a multimillion-pound charity that would start the MoonWalk challenge.'

So 20 years ago, 12 amazing women and myself power walked the New York City Marathon wearing decorated bras. When I

contacted Yellow Pages and asked for a breast cancer charity to give the proceeds to, Breakthrough (now part of the new charity Breast Cancer Now) was the organisation suggested. Our fantastic fund of £25,000 was given to Breakthrough towards the first breast cancer research centre – and our mission was born!

In 2015, Walk the Walk reached a magnificent total so far of £100 million. Each year I am overwhelmed and grateful that so many people take on our challenges and support our aims. The charity has made such a significant difference to the lives of cancer patients and to research into breast cancer, which is for all our future health... amazing!' □



# Scalp System

John Masters Organics scalp range is especially designed for optimal hair growth. Recommended for people who are suffering with problem hair such as thinning, hair loss and damage, as well as scalp issues such as itching, flaking and dandruff.

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## News ♦ Treats ♦ Trends



### NEW FOR YOUR SKIN...

\* If your main skin concern is dehydration, try **Origins Three Part Harmony**. The Oil-Infused Serum and Indulgent Nourishing Cream, both £60, soften and hydrate beautifully – and they're 360° anti-agers that help minimise lines, tighten skin and make it more luminous.



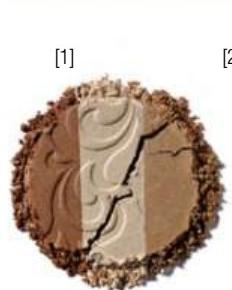
\* With subtle scents, melting textures and a complex that includes resveratrol, peptides and hyaluronic acid, the **Caudalie Resveratrol Lift** range makes your skin look firmer and fresher fast. Prices from £36 for the Eye Lifting Balm.

\* Made with 10 different oils, including hydrating coconut, almond and argan, **Palmer's Skin Therapy Oil**, £9.99, also contains line-smoothing retinol. It leaves skin feeling supple and comfortable, not greasy.



**DARK CIRCLES?** Try **ELEMIS Pro-Radiance Illuminating Eye Balm**, £34, with brightening botanical ingredients. And smooth lid crepiness and fine lines with **CLINIQUE Smart Custom-Repair Eye Treatment**, £38.

### BUYS OF THE MONTH



Soft focus powders in [1] **Elizabeth Arden** Gold Illuminate Highlighter, £29, blur fine lines and give a subtle glow. Soap and sulphate-free, [2] **Roger & Gallet** Gingembre Rouge shower gel, £9.50, smells exotically spicy. A dry oil, full of the original scent's base notes, [3] **Dior** J'adore Touche de Parfum, £70, can be worn alone or under J'adore eau de toilette for a new twist. Protect, hydrate and reduce lip lines with [4] **SkinCeuticals** AOX Lip Complex, £35 ([skinceuticals.co.uk](http://skinceuticals.co.uk)). Glamourise eyes with [5] **Bobbi Brown** Sequin Eye Shadow, £25, in Constellation (top) and Comet (bottom). Instantly plump and firm skin with [6] **Clarins** Super Restorative Remodelling Serum, £80.

### ON TRIAL *Hair helpers*

Every month, our panel tries dozens of the latest beauty products. These got top marks:

**Diva Chromatix**  
**Dynamica Hairdryer**,  
£49.99 ([lookfantastic.com](http://lookfantastic.com))  
‘I love how quiet, light and compact yet powerful this dryer is. It leaves hair less frizzy and cuts static, too.’



**GHD Platinum**, £165  
([ghdhair.com](http://ghdhair.com))  
‘The best straighteners I've ever used! Super-quick to heat up and you only need to run them over the hair once for smooth results that last.’

**Trésemme Oleo Radiance Bi-Phase Conditioning Mist**, £6.99  
‘Conditioner usually makes my hair limp and greasy, but this lightweight leave-in spray has converted me.’ □



# Eat, *splash*, LOVE...



*Scents that smell **GOOD ENOUGH TO EAT** have an enduring appeal, thanks to the delicious moreishness of **EDIBLE INGREDIENTS**. Feast your senses with our exploration into the magical world of **FRAGRANCE AND FOOD***

Photography Rob White Feature Eve Cameron Food Styling Meike Beck





## Pick of the fruit basket

The natural,  
juicy sweetness  
of fruit makes the  
mouth water and  
turns scent into  
a multi-sensory  
experience

**G**ut away the Nutribullet and let's get down to some serious indulgence: 'A toffee accord surprises the taste buds: an irresistible blend of salted butter caramel and vanilla. Mandarin. Iris. Then everything calms down...' No, it's not Greg from Masterchef gleefully describing a pudding that gives you a big, sticky cuddle, but Guerlain revealing the secret of the moreishness in its latest scent, Mon Exclusif, £90. It also features French Carla lavender – the best sprigs of which are destined for Michelin-starred restaurants worldwide. I think the scent is absolutely delicious and can't stop smelling it as I write.

Food and fragrance have a long-standing relationship. As perfumer Roja Dove explains, 'Culinary materials have been used since the beginning of modern perfumery, when vanilla was first synthesised into vanillin in 1874.' But it wasn't until 1992 that the so-called gourmand trend for sweet, dessert-like scents really took off. That's when Thierry Mugler launched Angel, a love-it or loathe-it confection of caramel, vanilla, chocolate and honey with patchouli. Despite being the perfumery equivalent of Marmite, it's still a bestseller.

And we're clearly not sated, because those gourmand fragrances keep on coming – albeit with new twists – mirroring our obsession for Bake-Off-style sweet things from cupcakes, macarons and meringues to the latest pâtisserie must-eat, stylish éclairs. Dove himself went as far as creating a 'Pâtisserie Accord' (an accord is a combination of ingredients that blend together and smells different to its constituent parts) to evoke the scent of freshly baked treats in his Sweetie Aoud, £395 ([rojaparfums.com](http://rojaparfums.com)). Spray on Vaiana Dea, £145, from Profumi del Forte ([fenwick.co.uk](http://fenwick.co.uk)) and you'll get milk, cocoa, honey, peaches and coconut. Lancôme's La Vie est Belle Intense, from £40, has hazelnut and tuberoses added to its original mouthwatering gourmand notes, while Dior's Fève Délicieuse from the La Collection Privée range, from £165 (Harrods and Dior boutiques), is built around tonka bean, which has a vanilla-caramel-meets-hay-meets-praline aroma. It's also one of the latest must-have ingredients to be grated into ice creams, soufflés and more at the smartest of restaurants.

Meanwhile, in our own kitchens, the Ottolenghi effect means more of us are using rose water and

spice mixtures containing rose petals, like Ras el Hanout, in our culinary creations. 'Rose – in water, extract, syrup or petal form – is a versatile all-rounder and bang on trend,' confirms GH Cookery Director Meike Beck. 'It's an evocative flavour that adds both a recognisable aroma and delicate floral potency to savoury and sweet dishes alike.'

*'Rose is one of the oldest perfume ingredients, and it can also enhance our culinary creations'*



Rose is also one of the oldest and most-loved perfume ingredients, but add spices and you've got something less Chelsea Flower Show and more longing looks across the souk in Marrakech. 'Saffron is great with rose, for example,' says perfumer Azzi Glasser. 'It smells less floral and pretty, and adds a darker depth. It makes rose a little bit naughtier, a bit more rock 'n' roll. I've used it both in my scent Fever 54 (£95, Harvey Nichols) and in Bella Freud's 1970 (£65, Harvey Nichols). There's ginger with rose in Jimmy Choo's Illicit, from £42, while cardamom spices up mimosa and rose in Jo Malone's Mimosa and Cardamom, from £42.

Add pineapple to roses and allspice, and you have Givenchy's Live Irresistible, £40. I thought it might make me smell like a fruit salad, but thankfully the pineapple's subtle. In fact, according to Dove, fruits are very versatile ingredients and can bring juiciness, softness and freshness to a scent.

The use of fruit notes has been quite a revolution in perfumery. 'Back in the 1970s (and earlier) the only fruits used in perfumery were citrus, along with some raspberry and peach molecules,' says Will Andrews, Principal Scientist in Fragrance Creation at Procter & Gamble, who works for brands such as Gucci and Dolce & Gabbana. 'They dominated the top notes of most fragrances. Then, in 1982, apple notes appeared.'

Why did it take so long? 'Because we didn't know we wanted apple-inspired fragrances – plus scientists hadn't been able to replicate the smell of apple. It was a big step,' says Andrews. 'Soft red fruits appeared in scents in the 1990s, and by 2000 we had lychees and green bananas,' he adds. 'Now everything imaginable is possible, partly because of technology and being able to replicate all manner of fruity smells, but also because our demand for new fruits has increased – not just for eating but for wearing, too.'

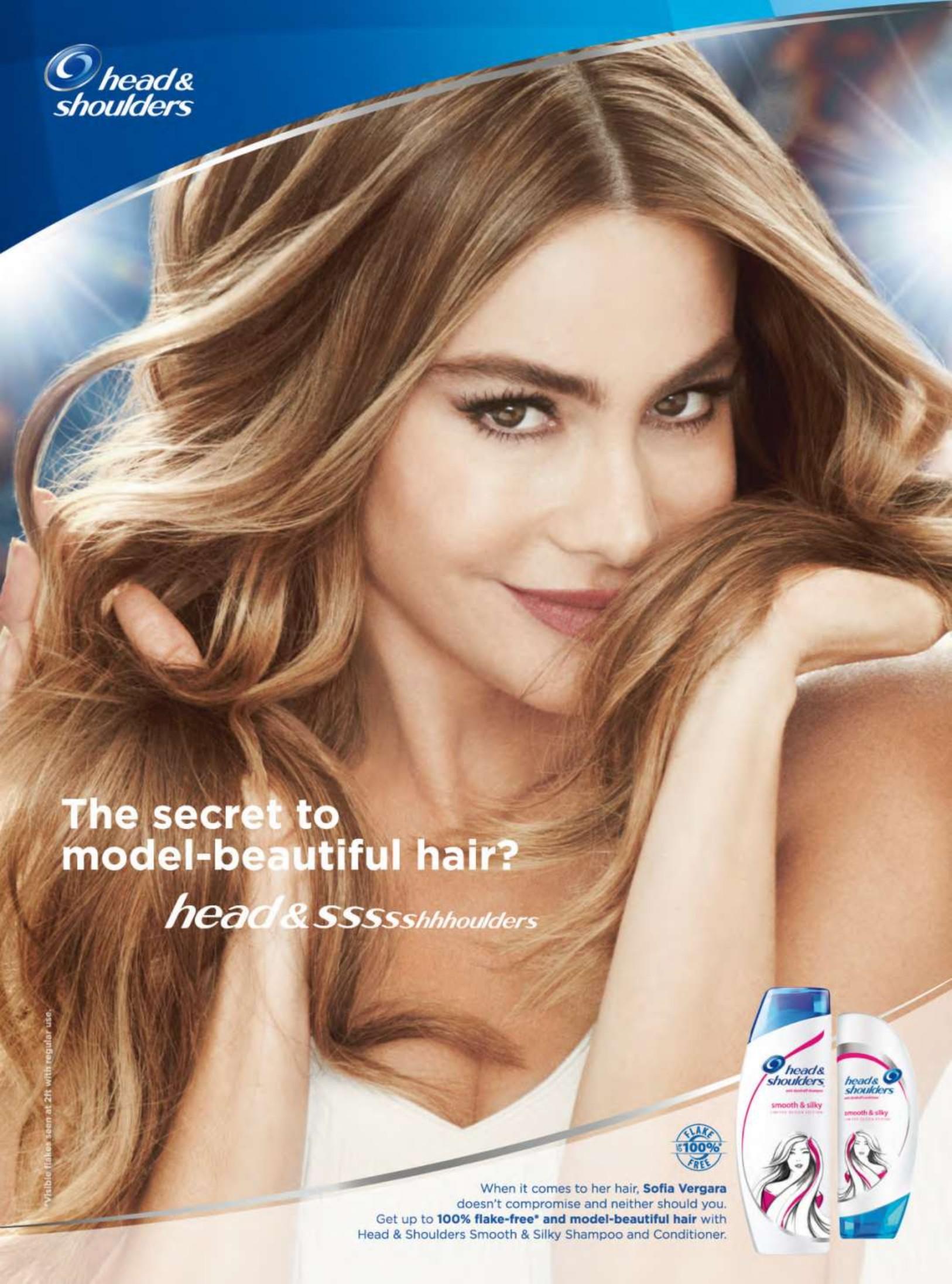
To meet our demands, Will goes on foraging trips for new plants – I imagine him as the Hugh Fearnley-Whittingstall of perfume creation. Rather than British woods and hedgerows, Will's last trip took him, and a team of botanists, scientists and analytical chemists (who can recreate the new smells they come across) to The Cape in South Africa. 'That's where we discovered maninka,' says Will. 'It's a brown fruit that smells a bit like strawberry dipped in chocolate. We've used that in a new men's fragrance for Hugo Boss (Boss the Scent, from £45). Humans have a desire to try new things, but our brains also search for familiarity. With food notes, we



## Eau de rose petal jelly

A classic perfume ingredient, roses are also trending in desserts and dishes influenced by Middle Eastern cuisine





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\*Visible flakes seen at 2x with regular use.

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[CONTINUED FROM PREVIOUS PAGE] can easily sniff them out and recognise them.'

But there's a lot more to edible notes in perfumery than, well, food. Like drink, for example. Take tea: we Brits love a cuppa, but research shows we're moving away from traditional black varieties and embracing speciality teas and herbal infusions instead. As tea drinking becomes cool and our palates more adventurous, there's been a growth of tea shops, much as we saw coffee shops pop up on every high street in the 1990s, says market research company Euromonitor.

This mirrors a trend for tea notes in scent, too. Admittedly they have been around for a while - Bulgari's Eau Parfumée au Thé Vert was conceived after legendary perfumer Jean Claude Ellena visited French tea house Mariage Frères in 1992 and asked to smell the 100 or so teas it stocked to recreate the scent. Red, white and black tea inspired further additions to the range, and Au Thé Bleu, £58 ([harrods.com](http://harrods.com)), with Chinese oolong has just been launched. After a quiet period - the coffee years, perhaps - tea is everywhere again. You'll find smoky tea notes in Miller Harris' new Tea Tonique, from £65, Lapsang Souchong in Bodhidharma's Black Lapsang, £145 ([fenwick.co.uk](http://fenwick.co.uk)), created by the same perfumer who made the Duchess of Cambridge's Illuminum wedding scent, and Ceylon tea in Nancy Meiland's Aquilaria, £85 ([nancymeiland.com](http://nancymeiland.com)). Jo Malone's Earl Grey and Cucumber, from £42, was a limited edition that proved so popular it's now a permanent part of the range.

According to Azzi Glasser, tea appeals because we associate it with a break, a chat and a cuppa that makes everything all right: 'I think it can make us feel calm in a fragrance, too. Depending on how the perfumer uses it, it can have a softness and create a sense of security - that's what I was aiming for with Earl Grey in my fragrance Twisted Iris (£95, Harvey Nichols).'

There's also a move for fragrances with a single

BESPOKE BISCUITS CREATED BY BISCUITEERS (BISCUITEERS.COM)



*'Tea appeals because we associate it with a break, a chat and a cuppa that makes everything all right'*

note or theme, with the idea that an ingredient can be very precious or rare and crafted with authenticity, rather like artisanal food produce. Red Truffle 21 by Jo Loves, from £45, is a case in point.

Perfumer Jo Malone (who now works under her new brand, Jo Loves) explains how she came to use truffle, the epitome of foodie luxury and refinement: 'My lightbulb moment was eating a plain spaghetti with olive oil and a few truffle shavings in Harry's Bar... I love the way truffle fills your mouth and nose. Then it occurred to me that it could work in a fragrance.'

Balanced with fig, black pine, woods and redcurrant, it's fresh and very wearable. 'I think it's very sexy and you can definitely smell the truffle,' says Jo. 'In fact, a woman I had sprayed with the scent went into a restaurant kitchen and the chefs all

## Tea time

*Just as we're drinking more speciality brews, so green tea, white tea and smoky blends are inspiring new scents*

# Pâtisserie meets perfume

Scent becomes delectable with fragrant hints of chocolate, praline, honey and caramel



[CONTINUED FROM PREVIOUS PAGE] looked up and asked who had truffle in their pocket!'

She continues to bring the worlds of food and perfume together with her new fragrance brasserie bar in store. Customers can select fragrances to try and have them served as a plate of scented tapas. Bath Cologne is warmed in a tagine, for example, and wafted through the air in a cloud of steam when the lid is removed, while Bath & Shower Gel is shaken over ice and poured into a shot glass.

Meanwhile, chef Jason Atherton has linked up with food magazine Four and perfume house Boadicea the Victorious to launch a scent, Vetiver Imperiale, £245 (Harrods). 'It's a reflection of my travel experiences and passion for good food,' says

*'Gourmand fragrances continue to be launched, mirroring our obsession for cupcakes, macarons and meringues'*

Jason. 'This fragrance is a collection of memories – from homely childhood smells like rhubarb from our garden, to time I spent in Dubai where I was introduced to aromatic smells like cedarwood.'

The launch party squared the circle. Guests were treated to a breakfast inspired by the scent's ingredients at Jason's Michelin-starred restaurant, Pollen Street Social, where the menu included poached Yorkshire rhubarb, yogurt and cardamom foam and a breakfast cocktail with mint, cardamom, spiced elderflower, bergamot tincture, vetiver and cedarwood syrup.

Whatever next? Chanel's Pasta Primavera? Mary Berry's Eau de Banoffee Pie? I must ask Azzi whether she thinks my idea for a kale, nut and spirulina scent in a spiraliser-shaped bottle might work... □

# OUTSHINE THE REST

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# Get ready for your CLOSE UP!

There was a time when unflattering photos could be hidden away, but smartphones and Facebook mean that every snap can now be immediately broadcast to the world.

With party season approaching, we've put together a timely all-you-need-to-know guide to looking picture perfect – from skin tricks to how to take a selfie

DEPUTY BEAUTY EDITOR **GILLIAN DAVIES**





Strike a pose: a  
camera-ready  
complexion is all  
about preparation



**M**ake-up artists often spend more time prepping their A-list clients' skin than they do applying make-up, according to Max Factor's UK Make-up Artist, Caroline Barnes. 'For camera-ready skin that's radiant and glowing, you need a smooth, hydrated surface to bounce back the light.' To get a Hollywood glow at home, try products that contain fruit or plant-based exfoliating acids, or glycolic acid, as they quickly even out and perk up a lacklustre complexion. We like **Murad AHA/BHA Exfoliating Cleanser**, £34, and **Nip + Fab Glycolic Fix Exfoliating Facial Pads**, £12.99, which can both be used a couple of times a week. For daily use, **This Works Light Time Cleanse & Glow**, £30, contains skin-brightening Vitamin C.

Celebrity facialist Teresa Tarmey recommends spending two minutes every day massaging in a hydrating moisturiser like **Decléor Intense Glow Awakening Cream**, £49.50. 'With firm pressure in a circular motion, work from the jawline up to the cheekbones. After a minute, move to the forehead, massaging out from the brow bone to the hairline.'

## *It's all about the base*

Primers are the beauty equivalent of control underwear beneath a Little Black Dress – everything you put on top looks better immediately. They blur wrinkles, hide pores and reduce shine while creating a smooth, even base. 'Wearing a primer is key to keeping your make-up looking fresh,' says Dior's International Make-up Artist Jamie Coombes. 'It gives foundation something to grip on to, preventing fading and smudging.' Allowing the primer to absorb into skin for a few minutes stops foundation from pilling into little balls. 'A pea-size amount is enough for the whole face,' says Caroline Barnes. 'Any more and you'll overload the skin.'

### PICK YOUR PRIMER



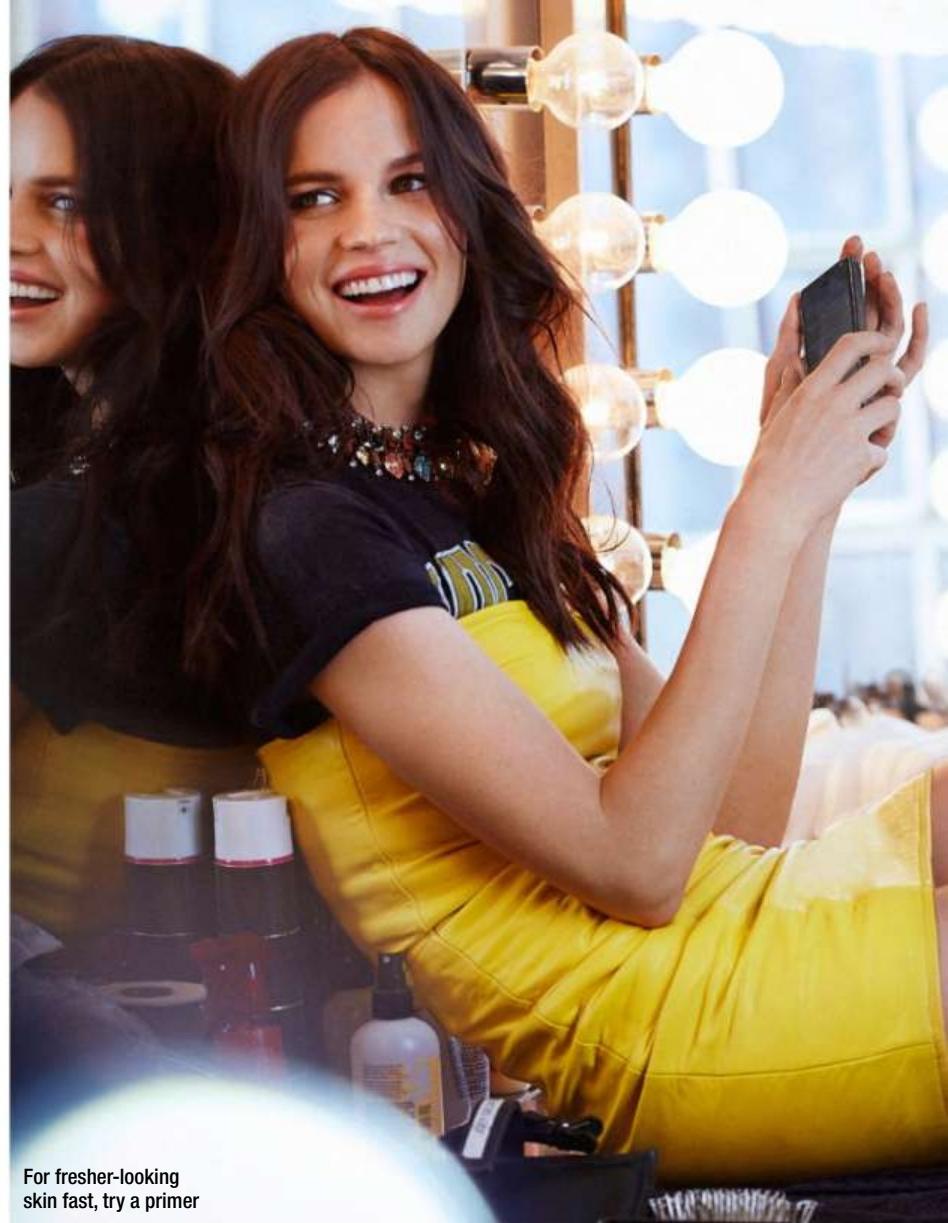
**FOR SHINE**  
The super lightweight formula in Bourjois Happy Light Matte Serum Primer, £10.99, refines pores and keeps shine at bay.



**FOR DULLNESS**  
Light-reflective pigments and moisturising shea butter make Estée Lauder Illuminating Perfecting Primer, £23.50, a good choice for dry, dull skin.



**FOR SALLOWNESS**  
Clever colour-correcting pigments minimise yellow tones so skin looks instantly better. Try NIOD Photography Fluid Opacity 12%, £20.



For fresher-looking skin fast, try a primer

### CAREFUL WITH THE CONCEALER

*Under-eye concealers often include skin-brightening pigments to counteract dark circles. But the bright light of a camera flash makes these pigments look white.*

*Try patting a small amount of foundation over the top to stop the whiteness from showing and prevent reverse raccoon eyes.*

## *Quick fix facials*

### THE ULTIMATE DEEP CLEAN

Combining a vacuum and broadband light, **Isolaz** is a great 30-minute treatment to loosen and extract blackheads, excess oil and dead skin cells. It's a strange sensation as the suction head is moved over your face, but not painful, and afterwards your skin's just a little red. The next day you can see a visible difference with the clarity of your skin. It's good as a deep cleansing one-off and if you have regular breakouts, a course of four to six can really help. From £185, at the Cranley Clinic ([drnicklowe.com](http://drnicklowe.com)) or see [isolaz.com](http://isolaz.com).

### THE GLOW GIVER

If your skin's looking dull, treat yourself to one of the amazing bespoke facials from **Kate Kerr** ([katekerrlondon.com](http://katekerrlondon.com)). Her **Advanced Clinical Brightening Facial**, from £130, focuses on deep cleansing and lymphatic drainage, plus whatever else Kate thinks might benefit you – such as a session of rejuvenating red light therapy, which also gives your skin a subtle lift.

## Flawless finish

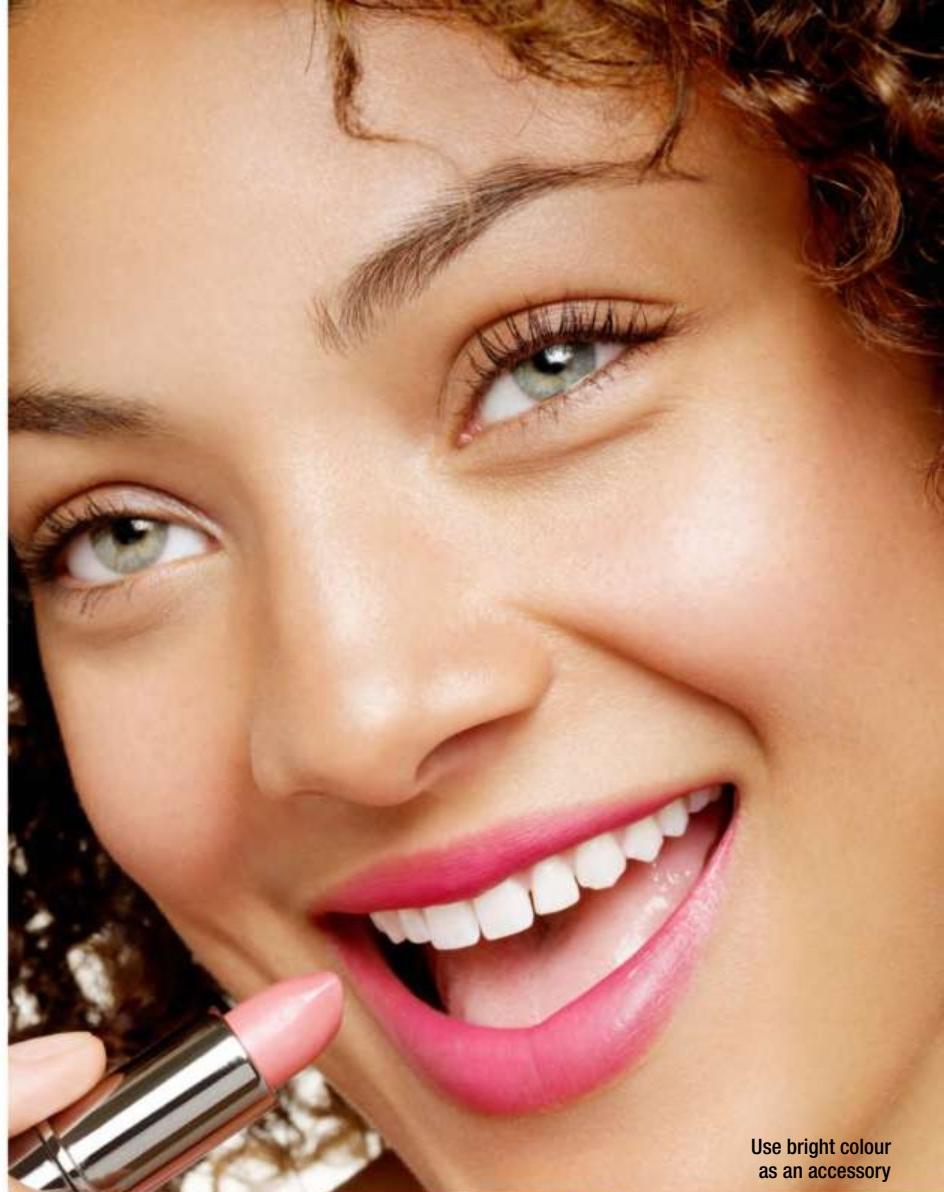
Piling on coverage to camouflage imperfections makes skin look heavy and mask-like – in life and on camera. MAC's Director of Makeup Artistry, Terry Barber, suggests 'using as little foundation as you can get away with. Start at the T-zone, then blend it out towards temples and jawline. Several thin layers are better than one solid one.' The new generation of foundations are so sheer, they're often hard to detect. **Dior Diorskin Star**



**Foundation**, £32.50, was specifically designed to work with smartphones and has titanium-enriched spheres to capture light and bounce it back for a luminous, flawless appearance. And **No7 Airbrush foundation**, £16.50, does exactly that – blurring pores and fine lines for a Photoshopped effect. For drier skins, **Max Factor Miracle Match Foundation**, £12.99, contains hydrating ingredients that keep skin moisturised and plump looking.

## Instaglow

- 1 'Highlighting is the secret to younger looking skin,' says Terry. 'Think of it like invisible contouring that defines and lifts features. With a foundation brush, apply [1] **MAC Strobe Cream**, £24, down the bridge of the nose and in a C-shape at the temples.' There is a fine line between glowing and greasy though, warns Caroline. 'Highlighter adds youthful dewiness, but you don't want your whole face to be shining like a glitter ball. Add a little at a time, building up to a subtle glow.' If you prefer a powder, [2] **Hourglass Ambient Lighting Palette**, £56, re-creates the effect of candlelight on skin. In the evening, use a shimmering powder to perfect skin on the body. Massage in a rich hydrating body cream like [3] **Clinique Deep Comfort Body Moisture**, £20, then buff in [4] **Eve Lom Sheer Radiance Translucent Powder**, £42, over décolletage, the tops of shoulders and down the front of legs for HD-ready skin.



Use bright colour as an accessory

## 3 GENIUS BEAUTY TRICKS FOR GLASSES WEARERS

Make the most of this necessary accessory with these clever tips from the pros:

- 1 Some lenses can make eyes appear smaller, so use a pale pink eyeliner like **Benefit Eye Bright Pencil**, £15, in the bottom inner lash line to open them up, suggests Benefit's Head Make-up & Trend Artist, Lisa Potter-Dixon. See her book, *Easy On The Eyes* (Ryland, Peters & Small) for more quick and simple eye make-up ideas.
- 2 Frames often draw attention to eyebrows, so keeping them well groomed is a priority. Hourglass make-up artist Carla Wall recommends brushing brows with a brow comb before filling in any sparse areas with a brow pencil or powder.
- 3 Glasses can highlight under-eye circles. A concealer one or two shades lighter than your foundation, applied in the inner corners and under eyes, will lift and brighten the area, says make-up artist Bobbi Brown. 'It's difficult to apply make-up while wearing glasses, too, so invest in a magnifying mirror.'



## Camera-ready hair

**DO** 'Refresh hair before a photo,' says hairstylist Subrina Kidd, Aveda UK Master Director. 'For volume, flip hair over your face, whip it back, and let strands slide forward naturally for a flattering finish.' If you need more volume, spritz **Redken Wind Blown**, £13.55, on to dry roots.

**DON'T** A severe central parting or tight ponytail is unforgiving in photos, says stylist James Galvin. A deep side parting adds lift to fine hair; for longer hair, try a chignon or low, loose bun. 'And a slightly dishevelled style is even more flattering as the evening goes on,' he says.

## Photo finish

Photographer Nicky Johnston says: 'Most of the celebrities I work with hate having their picture taken, but they know how to pose so they look great. Although it sounds vain, looking in a mirror and working out flattering expressions and angles that suit you is a good exercise. On set, models change their pose after every photo, but in real life this is unnecessary – once you've found your best side, stick with it.' For a leaner silhouette, Nicky suggests you look directly at the camera, but stand slightly side-on and bend the front knee a little, putting the weight on your back foot.

### ANTI-AGE YOUR SMILE

'As we age, teeth become more yellow and uneven,' says Oral B's Smile Director Dr Uchenna Okoye. 'Smoking, red wine, coffee and even herbal teas lead to discoloring.' But super-white teeth (think Simon Cowell) can look unnatural and false. 'If you're having professional whitening, your dentist should take into account your hair colour, skin tone and even your make-up to determine the right shade.' Our home testers were impressed by Colgate Max White Expert White Toothpaste, £5.99, and the new Oral B 3D White Brilliance Whitening Toothpaste, £3.99.



Get the right angle



Adjust the lighting



Choose your best side



Be yourself



## How to take a better-looking selfie

It's impossible to ignore the fact that we're living in the age of the selfie. Reality star Kim Kardashian has released a selfie-themed book, and presidents, astronauts and even the Pope have all got in on the act. But if, unlike Ms Kardashian, you don't have time to take 300 shots before finding the perfect one, here's some practical advice to get you on the right photogenic track.

### 1. CHOOSE THE RIGHT ANGLE

Holding your smartphone at a slightly elevated angle of about 45 degrees, just above your eye line, slims the face, hides double chins and prevents face-lengthening shadows. If your arms aren't long enough, you could also use a selfie stick to help you.

### 2. FIND THE BEST LIGHTING

Frequent selfie-taker and make-up artist Lisa Potter-Dixon (left) recommends taking photos in natural daylight, in front of a window. It's not always practical but sunrise and sunset create a warming, golden glow that blurs out imperfections. You can mimic this effect with the filters on your Instagram. The filter Nashville works well on fair complexions, while Valencia balances darker skin tones.'

### 3. PICK YOUR BEST SIDE

Experiment with different poses until you find the most flattering one. Lisa feels that turning her head to the left shows more of her gums when she smiles, so always takes photos from her right. The most flattering position varies from person to person, but the good thing about selfies is that you can take dozens to work out which one is best for you and no one need know.

### 4. WATCH YOUR EXPRESSION

The best selfies are the ones that look relaxed and fun... almost as if you were having the time of your life and it just occurred to you to immortalise the moment in a photograph. If you're trying too hard, it will look contrived and staged. 'When smiling, touch the top of your mouth with your tongue,' says Terry Barber. 'It's an old supermodel trick that Linda Evangelista taught me but it firms and lifts the jawline, creating definition.' □



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# Day in the life

As a stylist, Milly Goodwin knows that looking fabulous is all in the details – and here's her party trick...

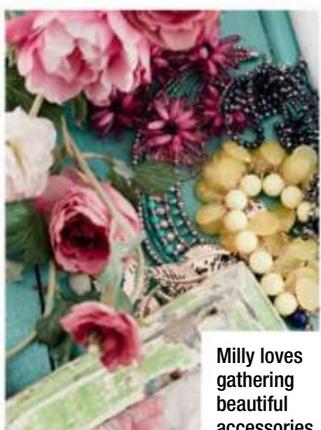
**M**any things Milly has learnt as an interiors stylist is what it takes to create a good impression. Whether it's designing a client's home, finding the perfect vintage accessory for a photoshoot, or putting together an outfit for an evening entertaining clients at a glamorous party, she has the answer. She's an expert in looking elegant and fabulous from head to toe, from design showroom to cocktail bar – but how does she do it after a full day on her feet? 'When I look good, I feel self assured, and as a stylist I know just how important the details are. After a long day's work,

I don't have much time for getting ready to go out, so I need Scholl's help to make sure I look flawless from head to toe.

'The Diamond Velvet Smooth Express Pedi electronic foot file is brilliant – after just a few moments, I've got soft, smooth feet again, and I can wear my stilettos with confidence.'



Milly loves gathering beautiful accessories



Milly has looking stylish down to a fine art – with help from Scholl, she's ready in seconds

**'For party glamour, I pick a smart jumpsuit with some chic heels – and beautifully smooth feet of course'**

## FLAWLESS FEET

Scholl's Diamond Velvet Smooth Express Pedi contains diamond particles to remove hard skin – leaving your feet feeling soft, and you feeling ready for anything. Visit [scholl.co.uk](http://scholl.co.uk) for more details.





# Bye, bye panda eyes!

Rings of black around your eyes in the morning? Your eye make-up remover isn't doing its job. We Tried & Tested 18 products to find the ones that wiped away the competition...

## Liquid eye make-up removers

### WINNER

(FOR WATERPROOF MAKE-UP)



*Charlotte Tilbury Take It All Off Eye Make-up Remover*

**83/100**  
£24 for 150ml;  
[charlottetilbury.com](http://charlottetilbury.com)

#### GHI VERDICT

- 1 Our most praised product for waterproof make-up. Testers loved how quickly and effortlessly it worked.
- 2 Scored top marks for not stinging or causing redness – great for sensitive eyes.
- 3 It's pricey, but the pump dispenses just the right amount of product for minimum waste.

### RUNNER UP



*Melvita Bouquet Floral Bi-phase Eye Make-Up Remover*

**79/100**  
£14 for 100ml;  
[melvita.co.uk](http://melvita.co.uk)

#### GHI VERDICT

- 1 Shifted make-up well – even stubborn waterproof mascara.
- 2 Our panel praised its gentleness, with no irritation or stinging to the eye area.
- 3 Some found it greasy.

### WINNER

(NON-WATERPROOF)



*Garnier Fresh Eye Make-up Remover*

**84/100**  
£3.29 for 125ml;  
[boots.com](http://boots.com)

#### GHI VERDICT

- 1 High scorer in our lab tests for make-up removal and testers rated it for effectiveness.
- 2 Great-value product that left no oily residue.
- 3 Gentle and non-irritating.

### RUNNER UP



*Formula Daily Care Eye Make-Up Remover Fluid Sensitive Skin*

**82/100**  
£3.50 for 100ml;  
[marksandspencer.com](http://marksandspencer.com)

#### GHI VERDICT

- 1 Highest scorer in our lab tests for make-up removal. Our panel found it quick and thorough.
- 2 Light, non-greasy formula. 'Better than my usual heavier, oil-based remover,' said one of our testers.
- 3 Some found it stung their eyes.



Eyes right: We carried out 202 tests to find the most effective eye make-up remover

## Eye make-up remover pads

### WINNER



*Quickies Eye Make Up Remover Pads*

**79/100**  
£2.09 for 30;  
[superdrug.com](http://superdrug.com)

#### GHI VERDICT

- 1 Top performer in our lab tests and highest score with testers for overall satisfaction of all pads.
- 2 Speedy to use and removed make-up completely.
- 3 The majority of testers found it didn't cause any irritation, although some found their eyes felt a little sensitive after use.

### RUNNER UP



*Halo Eye Make-Up Remover Pads*

**72/100**  
£1.99 for 30;  
[superdrug.com](http://superdrug.com)

#### GHI VERDICT

- 1 Did a good job of cleansing, without irritation.
- 2 Left skin feeling clean but not as effective as our winner.
- 3 Testers found they needed several wipes to remove their make-up completely.

### HOW WE TESTED

A panel of women tried out 18 products (six in each category), to assess how quick and effective each was to use. We also asked testers to comment on whether the product irritated their eyes. In our lab tests, we assessed the efficiency of each liquid or pad by counting how many wipes it took to remove a measured amount of make-up. □



# *Fill your stockings with* Molton Brown

**S**tart your celebrations with unique and exotic bath and body blends from Molton Brown. London's fragrance expert is offering you £15 off when you spend £30\* or more in store or online. From indulgent gift sets and Christmas crackers full of scented surprises, to delicate baubles and festive limited editions, you'll find perfect gifts for her, for him and for yourself!

Add a little sparkle to Christmas morning with a gift from Molton Brown. For store locations, or to redeem online, please visit [moltonbrown.co.uk](http://moltonbrown.co.uk).

TERMS AND CONDITIONS \*Spend £30 online or in store and receive £15 off. To redeem online at moltonbrown.co.uk, add at least £30 worth of products to your shopping basket and enter the code HOUSE15 at the checkout. To redeem at Molton Brown stores, simply take this page and spend £30 or more. Offer valid until midnight on 31 October 2015. You can only use this offer at Molton Brown stores in the UK and Ireland, and online at moltonbrown.co.uk. Offer not valid in department stores, or when buying gift cards or sale items (or towards any purchase containing these items). The offer can only be used once per person and cannot be redeemed with any other offer. If you change your mind, Molton Brown's usual returns policy applies.





Pinpoint tension

## Give stress the needle

Acupuncture can be an effective treatment for stress, according to a new study. 'Traditional acupuncture has been shown to stimulate the release of endorphins and oxytocin. Endorphins are the happy hormones, while oxytocin is the calm and contented hormone,' says acupuncturist

Rhiannon Griffiths. In Chinese medicine, we view stress as energy, or Qi, that has got stuck or become stagnant. Acupuncture uses ultra-fine needles to move Qi. Find an traditional acupuncturist via the British Acupuncture Council ([acupuncture.org.uk](http://acupuncture.org.uk)).



*Sleep well:  
a night-time routine can  
help with weight loss*

# BODY & SOUL

Our round-up of tips, news and advice to boost your wellbeing

### SPA OF THE MONTH

On a Digital Detox retreat at Chewton Glen, a country house hotel in the New Forest, guests are invited to swap their devices for a journal and a mindfulness colouring book. And it's unlikely you'll miss your phone while lingering in the hot tub on the deck of your treehouse. Overlooking a wildflower meadow, the treehouses also have log-burning stoves and huge freestanding baths. A short walk brings you to the 18th-century hotel with

its elegant spa and pool. The Digital Detox retreats are the brainchild of Denise Leicester, creator of Ila Aromatherapy, who leads many guided sessions, including Kiriya yoga, sound healing and Nordic walking. From £1,300 including two nights' accommodation, all meals and two 60-minute treatments using Ila products: a Kundalini Back Treatment and a blissful Ananda Facial. Visit [chewtonglen.com](http://chewtonglen.com).



*Back to basics:  
swap your phone for  
a field of wildflowers*

### TWO EASY WEIGHT LOSS TRICKS

#### *First thing in the morning: STEP ON THE SCALES*

It's time we brought daily weighing back into fashion, say researchers at Cornell University. They conducted a two-year study in which participants were given the goal of losing 10% of their body weight by any method they chose. Those that also stepped on the scales every morning were the most successful.

#### *Last thing at night: STICK TO A SET BEDTIME*

Going to bed at the same time every night improves self-control and the ability to make good decisions, including what to eat, according to a recent study published in the journal *Frontiers In Human Neuroscience*.

**\* PAWS FOR THOUGHT...** *If watching cute CAT VIDEOS is one of your GUILTY PLEASURES, you now have official permission to indulge guilt free. According to a new study from Indiana University, observing cats' cute antics online BOOSTS ENERGY and POSITIVE EMOTIONS, and decreases anxiety and irritability. Call it kitten therapy!* □



*Our furry friend*

# Your A/W15 coat EDIT



*Statement neon,  
Winter white, classic  
camel... What will  
you wrap up in?*

PHOTOGRAPHY JENNI HARE FASHION EDITOR NINI KHATIBLOU



Coat, £395, S-L, Thomas Pink ([thomaspink.com](http://thomaspink.com)). Short sleeve jumper, £109, 8-16, Toast (toast). Blouse with black neck tie, £44.99, 8-16, Mango ([mango.com](http://mango.com)). Skirt, £35, 8-20, Marks & Spencer. Tights, £10.95, S-L, Oroblu at My-Tights ([mytights.com](http://mytights.com)). Clutch, £225, LK Bennett  
[CONTINUED OVER PAGE]

*For tailoring,  
keep the look  
tonal with  
shades of  
navy, grey and  
silver – or  
make a splash  
in fluorescent  
fuchsia to lift a  
neutral outfit*

OPPOSITE Coat, £275,  
S-L, Uterque ([uterque.com](http://uterque.com)). Trousers, £59.95,  
8-16, Massimo Dutti ([massimodutti.com](http://massimodutti.com)).  
Shoes, £32, 3-9, Next.  
Sunglasses, £197, Jimmy  
Choo at Sunglasses Shop  
([sunglasses-shop.co.uk](http://sunglasses-shop.co.uk)).  
Bag, £230, Marina Rinaldi  
([marinarinaldi.com](http://marinarinaldi.com))



*Mix and  
match a smart  
collarless coat  
with an  
on-trend slogan  
sweatshirt and  
relaxed trousers  
for effortless  
weekend style*

Coat, £425, XS-XL,  
LK Bennett. Sweatshirt,  
£65, 8-16, Gant (gant.  
co.uk). Trousers,  
£29.95, XS-XL, Zara.  
Pendant necklace,  
£17, Accessorize  
[CONTINUED OVER PAGE]





*A grown-up  
wrap coat  
works well  
with this  
season's  
Seventies-  
inspired  
flares  
and clogs*



Coat, £399, 6-20, Hobbs.  
Blouse, £14.99, 8-16, H&M  
Studio ([hm.com](#)). Jeans,  
£165, 23-30, Ida at Donna  
Ida ([donnaida.com](#)). Clogs,  
£79.95, 3-8, Massimo  
Dutti ([massimodutti.com](#)).  
Sunglasses, £185,  
Miu Miu at Sunglasses  
Shop ([sunglasses-shop.  
co.uk](#)). Earrings, £75,  
Lola Rose ([lolarose.co.uk](#)).  
Sequin scarf, £6.99, New  
Look. Clutch, £20, Next





Coat, £79, Marks & Spencer. Faux fur collar, £185, LK Bennett. Dress £39.99, XS-L, Zara. Boots, £79.99, 3-8, Mango. Multi-strand chain necklace, £159, John & Pearl at Cadenza (cadenza.com). Bag, £145, Massimo Dutti (massimodutti.com). Bangles (just seen), from £55 each, Lola Rose (olarose.co.uk). Grey crystal necklace, £20, Accessorize. Bead bracelets (just seen), £35 each, Lola Rose (olarose.co.uk) [CONTINUED OVER PAGE]

*Add interest to a block-colour coat with a faux fur scarf. The combo will look great over this season's folk-inspired dress*

LEFT Coat, £500, 8-18, MaxMara (gb.maxmara.com). Jumper, £399, 8-16, John Smedley (johnsmedley.com). Faux fur trousers, £30, 8-18, and necklace, £15, both Wallis. Boots, £325, 3-9, Russell & Bromley. Clutch (just seen), £30, Accessorize. Camera, model's own

A full-page photograph of a woman walking away from the camera towards a grand, ornate gate. She is wearing a white turtleneck sweater, white trousers, and a white coat. She is carrying a small white handbag and a larger white tote bag. She is smiling and looking down at her phone. The background features intricate stone carvings and gold-colored decorations on the gate.

Coat, £145, and trousers, £49.95, both 8-16, both Massimo Dutti (massimodutti.com). Jumper, £105, 8-16, Tommy Hilfiger (tommy.com). Shoes, £79, 3-7, Dune (dunelondon.com). Large bag with cut-out detailing, £29.50, Marks & Spencer. Small bag, £199, Radley (radley.co.uk). Watch, £125, Ice Watch (uk.icewatch.co.uk). Phone cover, £14, Skinny Dip London (skinnydiplondon.com)

*It may not be the most practical option, but nothing says luxe like a white coat – layer it with shades of white and ecru*



Coat, £99, 6-18, Therapy at House of Fraser. Shirt, £299, and trousers, £429, both Dorothee Schumacher ([dorotheeschumacher.com](http://dorotheeschumacher.com)). Shoes, £95, 3-9, KG by Kurt Geiger ([kurtgeiger.com](http://kurtgeiger.com)). Pastel blue suitcase, £195, Lulu Guinness ([caseluggage.com](http://caseluggage.com)). Black trunk case, £375, Reiss ([reiss.com](http://reiss.com)). Purple weekend bag, £79.99, Jasper Conran at Tripp ([tripp.co.uk](http://tripp.co.uk)) □

*For an updated take on the classic navy coat, wear it with black and silver. Mix in luxury fabrics such as faux fur and sparkly embellishment for easy day-to-night glamour*



# You're invited...

*...but what to wear for the upcoming festive season's events?  
Whatever the dress code, take inspiration from the super stylish,  
trend-setting company on these pages*

FASHION STYLED BY **JO ATKINSON**  
PHOTOGRAPHY BY **DAVID VENNI**

'Real style isn't about  
following trends - it's about  
finding a signature look  
and sticking to it'

**BRUCE OLDFIELD, OBE**



## Bruce Oldfield, OBE

Having created couture gowns for some of the world's most glamorous women, Bruce Oldfield is making his first foray on to the British high street. The Bruce by Bruce Oldfield collection for John Lewis includes his trademark evening gowns, neat tailored suits and fab faux fur trim coats. If you're after an LBD, try the Little Bruce Dress: a black panelled silk shift. For every one sold, £20 will be donated to Barnardo's – Bruce is the charity's vice president. For stand-out evening style, we love the panelled maxi skirt and simple knit shown here. When it comes to choosing a party outfit, Bruce says: 'Focus less on seasonal trends and understand what suits you and enhances you. That way you will always feel confident. I believe style is ageless and I favour a sophisticated, simple yet distinctive look. I look at a lot of women who are wearing an oversized hat with a belt, bag and jewellery and think, do you really need all four?'

Short-sleeved rib knit, £59, striped silk and velvet panelled skirt, £150, both 8-18, both Bruce by Bruce Oldfield for John Lewis. Bracelet, £18, both John Lewis. Sandals, £79, 3-7, Nine West at Kurt Geiger ([kurtgeiger.com](http://kurtgeiger.com)). Bruce's outfit, his own





## *Lucy Choi*

The niece of legendary shoemaker Jimmy Choo, Lucy Choi worked in finance for eight years before launching her own shoe label. Creating shoes for all ages, Lucy has as her mantra The Three Cs – comfort, character and craftsmanship. This festive season her collection features dramatic ocean blues, Winter brights and an array of glitter styles. On her own party style, Lucy says,

'I love to mix different textures and fabrics, such as leather and lace. I wear a lot of black but add interest by choosing pieces with plenty of character.'

This red dress is great for parties, easy to wear, graphic in shape and there's no need for big accessories. I think heels are very empowering for women.

They make you stand tall, elongate your legs and make you hold your body better, which naturally gives you confidence. I love the playful nature of shoes – as women, we can instantly transform how we feel as soon we put a pair of high heels on.'

Dress, £558, 6-14, Dorothee Schumacher ([dorothee-schumacher.com/en/](http://dorothee-schumacher.com/en/)). Earrings, £75, Lola Rose ([olarose.co.uk](http://olarose.co.uk)). Rings, Lucy's own. Octavia bronze glitter sandals, £195, 3-8, Lucy Choi ([lucychoilondon.com](http://lucychoilondon.com))



'I love simple elegance – and statement earrings are an absolute must'

DINNY HALL

## *Dinny Hall*

She's a jewellery designer whose name is synonymous with luxurious, timeless style, and Dinny's designs transcend seasons and trends. When it comes to buying jewellery, she advises: 'Have a budget in mind and buy from brands you trust – after all, you are wearing the jewellery against your skin, so you need to feel good and want the pieces to last. Have fun while also making sure your jewellery is appropriate for many different occasions.'

When dressing for evenings and special events, Dinny adores soft tailoring. 'My midnight blue satin shirt is my go-to party staple,' she says. 'It's perfect teamed with a beautiful tuxedo jacket. Enormous hoops are simply fabulous for a party.'

Tux jacket, £530, trousers, £220, both 6-18, both Boss ([hugoboss.com](http://hugoboss.com)). Sequinned top, £35, 8-18, Therapy at House of Fraser. Talitha earrings, £450, Dinny Hall ([dinnyhall.com](http://dinnyhall.com)). Rings, Dinny's own



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\* The offer excludes sale and electrical items. Free delivery is worth £3.99. The offer is only available to new customers opening a Personal Account (credit subject to status). UK residents aged 18 years or over. Offer code TK6P may only be used once and must be quoted at the time of ordering, it cannot be added at a later date. The discount only applies to items added to your basket from the Kaleidoscope website. For telephone orders call 0871 244 2770 (calls cost 10p per minute plus your phone company's access charge) quoting code K3695 and TK6P. Offer ends 31.12.2015.

## Katherine Hooker

Specialising in beautifully crafted coats and jackets, Katherine Hooker designs clothes that are custom made in England from the finest tweeds, wools and cashmere. They are investment pieces that can be worn by all ages on every occasion and, with loyal customers including Meryl Streep, the Duchess of Cambridge and Taylor Swift, you'll be in very stylish company. A firm believer in expressing your personal style, Katherine says her coats are just as likely to be worn with jeans and flats as they are at black tie and red carpet events. But she's a bit more reluctant when it comes to party dressing herself, and says: 'Personally, I hate dressing up.'

When I was a child I was a die-hard tomboy. We went to the ballet every Christmas and I was so cross at having to wear a dress that I wouldn't talk to my family and refused to walk on the same side of the street as them! Silk trousers, a silk shirt, some smart flats and a beautifully cut coat or jacket always do the trick for me.'

Ready-to-wear Buxton coat, from £775, 0-4 (6-14), and custom-made shirt, £350, and trousers, £365, all by Katherine Hooker ([katherinehooker.com](http://katherinehooker.com)). Earrings, £275, Dower & Hall ([dowerandhall.com](http://dowerandhall.com)). Ring, £235, Thomas Sabo ([thomassabo.com](http://thomassabo.com))



'I want my designs to be the best piece of clothing that your daughter or granddaughter finds in the attic – the one that still looks and feels fantastic'

KATHERINE HOOKER



Smart fashion \* Beauty investigations \* Sex & relationships  
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# COSMOPOLITAN



\* STARRING  
NAOMIE HARRIS

NEW-LOOK  
**COSMOPOLITAN**  
**SMARTER. SHARPER. BOLDER.**

November issue



On sale 1 October



## Savannah Miller

Founding designer of label Twenty8Twelve, and now joining the Designers at Debenhams team with Nine by Savannah Miller, Savannah epitomises her own cool, relaxed style.

The collection reflects chic French dressing and layering, with skinny jeans, printed blouses and tailored jackets for a versatile day to evening wardrobe. For full-on glamour, there's a great silver sequin shift and the stunning maxi dress shown here.

Savannah advises keeping a glamorous look understated, so if you go all-out with the outfit, keep the make-up minimal. Conversely, if you have very glamorous make-up, then keep the outfit understated – perhaps swapping heels for flat boots. 'Wearing a leather jacket over an evening dress can give it an amazing edge,' she says.

Embellished maxi dress, £200, 8-20, Nine by Savannah Miller at Debenhams. Jewellery, Savannah's own □

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# SECRET UNDIES of the world's best-dressed women!

It's time to eat, drink and be merry... Not worry about our wobbly bits. Our panel of testers squeezed into 23 control briefs, bodies and shorts to find the miracle workers...

## briefs and shorts

### WINNER

*Wolford Sheer Touch Control Shorts*  
**82/100**

£65; [wolfordshop.co.uk](http://wolfordshop.co.uk)

Available in sizes

**34-44 (6-16)**

- 1 Testers of all sizes rated its stomach-flattening and bottom-lifting abilities
- 2 Created a smooth outline under outfits
- 3 Attractive design with sheer panels
- 4 Moderately comfortable to wear for long periods



### RUNNER UP

*John Lewis Light Control High Waist Briefs*  
**81/100**

£15; [johnlewis.com](http://johnlewis.com)

Available in sizes 8-18

- 1 Gave a smooth shape under clothes
- 2 Slimmed tummy and hips, but not as supportive around the bottom
- 3 Reasonably priced
- 4 Stayed in place and didn't feel constrictive



## whole body

### WINNER

*Triumph Sheer Velvet Sensation Bodysuit*  
**82/100**

£55; [uk.triumph.com](http://uk.triumph.com)

Available in sizes S-XL

- 1 Smoothed out lumps and bumps, and created a flattering hourglass silhouette
- 2 Provided plenty of support, especially around the bottom
- 3 Testers found it comfortable to wear throughout the four-hour test period



### RUNNER UP

*Spanx Skinny Britches Open-bust Mid-thigh Bodysuit*  
**78/100**

£92; [spanx.com](http://spanx.com)

Available in sizes S-XL

- 1 Firmed from mid-thigh to under bust, particularly around waist and bottom
- 2 Wear with your own bra
- 3 Some testers found it pinched a little in places and was difficult to remove



Shape up!  
Show off your  
frock with the  
right underlayer

## vests

### WINNER

*Marks & Spencer Light Control Invisible Shaping Vest*  
**74/100**

£19.50; [marksandspencer.com](http://marksandspencer.com)

Available in sizes 8-22

- 1 Firm control over the stomach area and created a nipped-in waist
- 2 Very comfortable
- 3 Several found it rolled up during wear



### HOW WE TESTED

Our panel of testers, from size 10 to 18, tested 23 pieces of shapewear, wearing them under their tightest clothes. They moved and sat (and even ran for the bus) in them to find the ones that offered the sleekest silhouettes, firmed up problem areas and were comfortable enough to wear for several hours.

## Dos and don'ts of shapewear

- ❖ Don't be tempted to go down a dress size for a tighter fit – our panel found most shapewear comes up small for its size.
- ❖ Try it on before you buy: sit down and walk around to make sure you feel comfortable and

- the piece stays in place.
- ❖ If you're buying shapewear to go under a specific outfit, take it into the shop with you to check the shapewear will work with it.
- ❖ 'Always step in to shapewear,

- rather than pulling it over your head, even if it's a vest,' says GH's Jo Atkinson. 'Gather the sides in your hands as you would a pair of tights, step in to it, and gradually release the fabric until you work it all

the way up, making sure the panels and seams are straight and in place.'

★ For full test results, visit [goodhousekeeping.co.uk/institute](http://goodhousekeeping.co.uk/institute)



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See Clarks' privacy policy at [clarks.co.uk](http://clarks.co.uk)

Step out in the latest Clarks boots. Shown here: Marquette Wish, 3-9

GH exclusive

# 20% off at Clarks

As Clarks celebrates its 190th year, this season sees its strongest collection yet. Taking inspiration from international style, the range includes everything from classic riding boots and ankle boots to trend-led pieces such as chunky heeled loafers and statement Mary Janes.

Still based at its original headquarters in Street, Somerset, quality and comfort are always at the forefront of Clarks' designs. The brand's use of luxury fabrics, innovative Cushion Plus soles and weatherproof technology mean you can take on your busy day without compromising on style.

To celebrate its new collection, Clarks is offering GH readers an exclusive 20% off all full-price adult Clarks shoes and bags. Simply enter the discount code **GHK20AW** when you check out online at [clarks.co.uk](http://clarks.co.uk) or take this coupon into a Clarks store. Happy shopping!

TERMS AND CONDITIONS: 20% off full-price Clarks adults' footwear and bags from 1 October to 6 November 2015. Valid in all Clarks retail stores, participating stockists or online at [clarks.co.uk](http://clarks.co.uk). Offer subject to availability. Offer excludes all collaboration ranges (Orla Kiely, V&A, Norton and Musto), Originals and Made In England styles. No cash alternative is available. This promotional code/voucher cannot be used in conjunction with any other offer. Not redeemable at any Clarks outlets or at Clarks stores outside the UK/ROI. To redeem in store, an original copy of this page must be handed over at time of purchase. Photocopies will not be accepted. To benefit from the discount online, please enter the code GHK20AW on the payment options page. Valid for one transaction only. Clarks reserves the right to amend the T&Cs at any time. By providing your contact details, you give Clarks permission to contact you using these communication channels, which include email and SMS, unless you state otherwise.

# Style at any age



What to wear now? Try these new ideas, trends and tips, says Fashion Editor at Large **ANGELA KENNEDY**



Wristlet clutch, £85, Bell & Fox ([bellandfox.com](http://bellandfox.com))

## Luxe by design

New brand Bell & Fox spans the gap between designer bags and high street styles. It's contemporary, with details such as signature bell charms. We love this embossed leather clutch - just right for the party season.



Cuff, £149, Swarovski bracelet, £249, Rebecca ([houseoffraser.co.uk](http://houseoffraser.co.uk))

## DON'T MISS

Charting its history from 'the fashionable place to shop' to cult status today, an exhibition, **LIBERTY IN FASHION**, celebrates the store's 140th anniversary. Catch it at the **FASHION AND TEXTILE MUSEUM** ([ftmlondon.org](http://ftmlondon.org)) until 28 February 2016.

◆ Sacred Tree Of Life scarf, £375, Liberty ([liberty.co.uk](http://liberty.co.uk))

## BELLA!

Italian jewellery label Rebecca arrives this month to add a dash of *la dolce vita* to our high street. All gold plated, some studded with Swarovski crystals, and one is all you need!

IF YOU BUY  
ONE THING  
THIS MONTH  
MAKE IT  
*faux fur*



Faux fur shrug, £90,  
Helen Moore ([helenmoore.com](http://helenmoore.com))

## WE ♥ DRESSING UP

Two pairings that are always in fashion: lace and brocade, and black and red. Reimagined stylishly each season, they have a timeless quality. Partner a romantic lace top with skinny pants or a red-carpet skirt with a simple cashmere knit. Or bring any party outfit bang up to date with a new lace accessory, an embellished clutch or fancy shoe with fretwork detail.

Knit lace top, £69,  
brocade skirt, £169,  
both 8-18, both Coast  
([coast-stores.com](http://coast-stores.com))



## INDUSTRY INSIDER



Solve the dilemma of what to wear under anything fitted with a shaped cami, says Spanx founder Sara Blakely. 'Our new In & Out camisole will make muffin tops history. It smooths the tummy and fits every body shape. Wear it under a blouse, a blazer - or solo.'



Rich garnet In & Out cami,  
£44, S-XL, Spanx ([spanx.com](http://spanx.com))

Adding a luxurious touch to everything, faux fur is both retro chic and modern. From a coat collar to a shrug, a furry pom-pom bag charm to a jacket, it oozes glamour and dresses up an outfit in an instant - not to mention being cosy and warm, too! □

# Where the GROWN UP women shop

## THE KNITWEAR LOVER'S BRAND **LES 100CIEL**

It's impossible not to lust after its pared-back knits, which are casual yet chic. Look out for the company's truly modern reimagined cashmere.

**Coat, £349, jumper, £119, cashmere leggings, £129, all S,M,L (les100c.com and houseoffraser.co.uk)**

LES 100CIEL A/W 15



## OFF-BEAT CLASSICS AT **BAUM & PFERDGARTEN**

This quirky brand focuses on classics with a twist of humour to set fashion pulses racing! It's all about the contrasting way separates are put together - patterns with prints and knits with lace.

**Bold printed dress, £159, 6-16 (baumundpferdgarten.com)**



BAUKJEN A/W 15

## STILLS ATELIER THE UNSUNG FASHION HERO

This contemporary Dutch label has been a favourite with women in the know for years. Separates are the mainstay, revved up with stylish leather pieces for a cool, low-key look.

**Jacket, £355, top, £115, pants, £215, cashmere scarf, £180, all 8-16 (stills-atelier.com)**

STILLS ATELIER A/W 15

## INTERCHANGEABLE BASICS AT **BAUKJEN**

Separates rule at Baukjjen, from slouchy tops, skirts and blazers to relaxed trousers. You'll find staples to dress you from day to night, party to holiday and more.

**Leather tunic dress, £449, shirt, £99, all 6-14 (baukjjen.com)**



EILEEN FISHER A/W 15

## SIMPLE SHAPES THAT FLATTER, BY **EILEEN FISHER**

The thinking woman's designer, Eileen makes unstructured clothes that never seem to lose their appeal. Like simplicity? It's the label for you. Slouchy top and trousers, £210 each, both 6-20 (eileenfisher.com)

Ageless, empowering, effortless... some brands you'll know, others you'll want to know. Next time you shop, consult Angela Kennedy's guide to grown-up style

## STYLE, SIMPLICITY AND QUALITY AT **FILIPPA K**

Chances are your local boutique sells the dressed-down Filippa K look. Great hero pieces, layering and leather add spice. **Leather skirt, £360, XS-L (filippa-k.com)**

## ILSE JACOBSEN'S COOL SCANDI

There's more to Jacobsen than a good line in wellies and macs. In Denmark, she's an icon, with a spa and restaurant as well as her simply styled, practical and oh-so wearable clothes.

**Geo print dress, £108, 8-18 (ilsejacobsen.com)**



## TIMELESS & CONTEMPORARY AT **CUSTOMMADE**

Offering something a bit more quirky from the Scandi school of dress-down chic, Custommade is big on layering and relaxed shapes, with nothing too structured or overly formal.

**Patchwork sequin top, £220, 8-16 (custommade.com) □**

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# Secrets for a *welcoming home*



You're about to have more visitors than you've had all year – so your home should be looking its very best. Here's how to set the scene, get organised and work a little GH magic in every room



## BACK TO NATURE

Just before guests arrive, visit your local florist or head into the garden with a pair of secateurs and fill jugs and vases with fresh flowers or sculptural branches



*2 Group together tiny houseplants on a window sill to enhance the view*

OPPOSITE Cavendish headboard, from £700, Beaufort bedlinen, from £45 for a standard pillowcase, Mason bedspread, from £100, and cushion cover, from £20, Addison throw, £130, and cushion cover, £25, all The White Company ([thewhitecompany.com](http://thewhitecompany.com)). THIS PAGE Eco dining table and four chairs, £995, Gaucho pendants, £99 each, Plaza rug, from £219, all Furniture Village ([furniturevillage.co.uk](http://furniturevillage.co.uk))



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Brushed Check  
bedlinen, £30  
for a double,  
Check throw,  
£16, knitted  
throw with  
tassels, £25,  
metal pendants,  
£22 each,  
copper-look  
wax-filled  
bowl, £5, all  
Sainsbury's.  
Other items,  
stylist's own

## WARM AND INVITING

Welcome guests with a beautifully dressed bed and plenty of layers they can add or subtract.

*Try a palette of warm colours to heighten the sense of cosiness*



*Add extra towels*  
Supreme towels, from £10  
for a hand towel, Christy  
(christy-towels.com)



*Cozy up a bench*  
Primo dining table  
and two faux leather  
benches (only  
one shown),  
£249, other  
furniture and  
accessories,  
from a  
selection,  
all Very  
(very.co.uk)



*Turn on a light*  
Charlotte headboard,  
from £325 for a single,  
Sophie bedlinen,  
from £27 for two  
pillowcases, Penelope  
cushion, £42, and  
Byron pendant, £50, all  
Neptune (neptune.com)





What you smell.

What your  
guests smell.



Have you gone noseblind?

Febreze truly eliminates odours and leaves a light Christmas scent.

Breathe Happy

Table cloth, £14.99, seat cushions, £9.99 each, candle holders, £7.99 each, chinaware, from £6.99, tea towel £2.99; all H&M Home

*Always make sure there are bottles of water and glasses on hand for guests to help themselves.*

*Leave out olives and crudités, so they can nibble and add to their meal as they please. It is also a good idea to have both linen and paper napkins available - it will surprise you how many your guests will get through!*

## CASUAL DINING

Layer up table linen in toning textures and hues, using one end of the kitchen worktop as an impromptu table



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## TASTEMAKER'S TIPS: RONA OLDS

- ◆ Make a welcoming statement in the hall with fresh seasonal flowers arranged in a beautiful vase. Lay a rug on the floor and cluster decorative lanterns in corners. For the finishing touch, add diffusers or light scented candles featuring enticing Winter tones.
- ◆ For the dinner table, spoil guests with an amazing centrepiece;

- candelabras or clusters of candlesticks are perfect for this.
- ◆ Add warmth to the table with different textures and fabrics. Complement crisp linen napkins and embellished table runners with beaded placemats and napkin rings.
- ◆ Set out your breakfast crockery the night before for guests to help themselves whatever time they get

**Head of Home Buying, Sainsbury's**

- up. Stack plates, bowls and cutlery alongside fresh coffee and tea.
- ◆ Store cereals in large Kilner jars to add interest to a kitchen shelf as well as offering a practical way of keeping them fresh, and easy for people to grab in the morning.
- ◆ Choose a soft, muted palette for bedlinen for a calm and relaxing look, the perfect antidote to a busy day.



# Have you gone noseblind?

What you smell



What your  
guests smell



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Continuously eliminates odours  
and freshens for 90 days.

\*each refill lasts up to 90 days if used for 12 hours per day at minimum setting.

Breathe Happy

## IN THE MOOD

*Candlelight is a simple way to add a festive atmosphere to your dining table. The more candles the better – group them together for impact*

Wilmore extending dining table, £699, from left: tealight holder, £6, mercury glass bon bon jar (used as vase), £55, cheese plates, £19.50 for four, Sommelier Champagne glasses, £29.40 for four, hammered metal candleholders, £19.50 each, mirrored shade tealight holder, £12, short candleholders, £19.50 each, Soho hi-ball glasses, £25 for two, Stag Connoisseur crackers, £29.50 for six, beaded placemats, £9.50 each, Nordic Smoke plates, from £5 for a side plate, Pure Coupe cereal bowls, £4 each, cutlery, £39.50 for a 16-piece set, light-up Christmas tree, £12, Conran Glass Cloche, £25, and decorations, from a selection, all Marks & Spencer

*Add sparkle to your table with decorations, napkin rings and beaded placemats*

### Put out spare wellies

Edinburgh console, £950, Buckingham mirror, £255, Corinium pot, £220, and Kennington hurricane lantern, £20, all Neptune ([neptune.com](http://neptune.com)). Other items, stylist's own

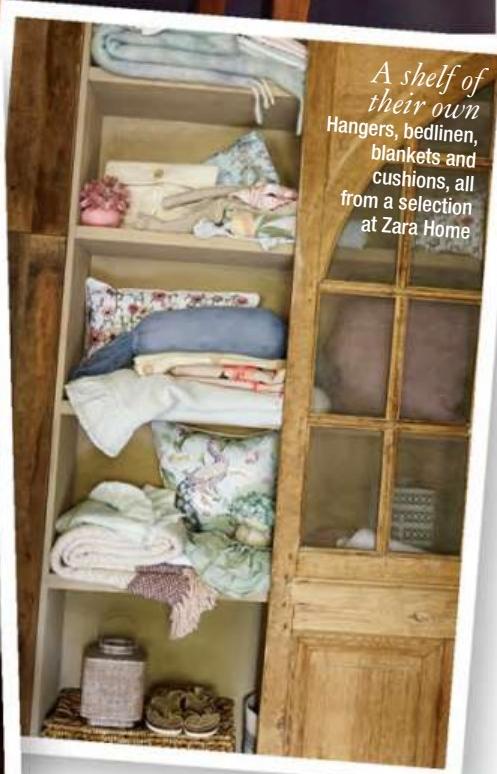


### Lay out soaps and towels

Royal Turkish towels, from £15 for a guest towel, Christy ([christy-towels.com](http://christy-towels.com))



A shelf of their own Hangers, bedlinen, blankets and cushions, all from a selection at Zara Home



# HERE'S TO THE 'TESTER POTTERS'



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## READY FOR COFFEE?

*A table on castors with some stools makes a great breakfast station. Leave out coffee or tea things and let early birds - or late risers - help themselves*



Curtains, made up in Belmont, £65 a metre, scatter cushion covers, £42 each, and crates, £36 each, all Cabbages & Roses (cabbagesandroes.com). Other items, stylist's own

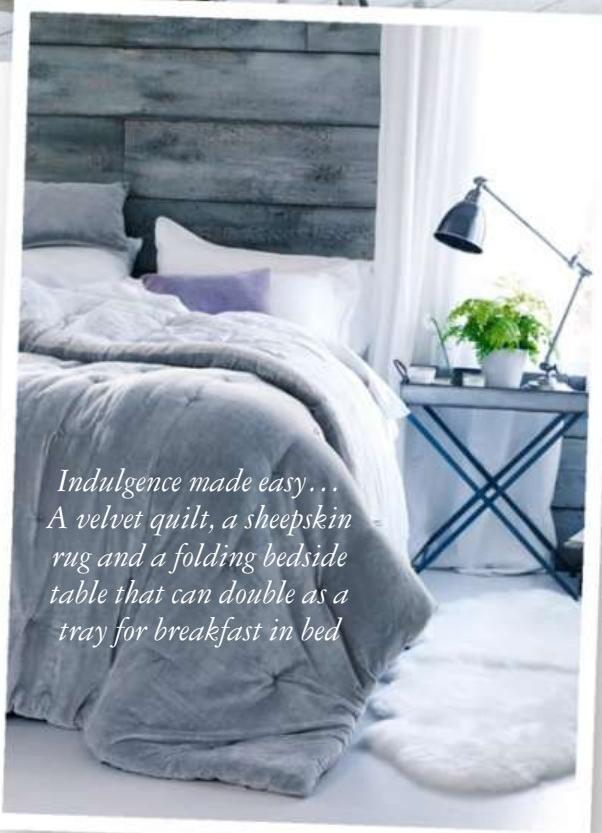
## TASTEMAKER'S TIPS: SOPHIE CONRAN



Do a little pre-planning to make sure everything is ready - it's half the fun. Here are some ideas that I have found helpful:

- ◆ Our table just isn't quite big enough, despite being extendable! So we've had a new tabletop made in MDF that slots together and sits on top. It increases the size of the table so I can fit in extra guests, and it comes to pieces so is easy to store. Make sure you have enough chairs and a stash of pretty tablecloths, too.
- ◆ Plan a menu and create a running order for meals, so you can be organised with the food shopping. Check guests' dietary requirements, and never underestimate how many nibbles a group can get through!
- ◆ Put a bottle of water, glasses and fresh flowers in the bedrooms - and make sure you have extra clean sheets.
- ◆ Stock the guest bathrooms with soaps, shampoo, conditioner and shower gel, as well as other essentials such as toothpaste and razors - they can easily be left at home and will be much appreciated!
- ◆ Electric blankets may be seen as a bit old-fashioned, but there is nothing nicer than turning in when someone has put an electric blanket on an hour beforehand so the bed is warm and cosy.

\* For more tastemaker's tips from Sophie - and other interior experts - visit [goodhousekeeping.co.uk](http://goodhousekeeping.co.uk)



Velvet and linen kingsize quilt, £250, Sheepskin rug, £150, Zinc tray table, £90, Freya antique silver table lamp, £220, all Cox & Cox ([coxandcox.co.uk](http://coxandcox.co.uk)). Other items, stylist's own □

# TURN IT ON

For home heating that is friendlier to the environment – and your budget – switch to the Samsung Eco Heating System this Winter



## HOW IT WORKS

The Samsung Eco Heating System uses air source heat pump technology, drawing heat energy from outside the home and using it to heat water. The heated water is transferred to a storage cylinder before being conveyed to radiators, underfloor

heating and hot water taps. There are several options to choose from to suit your home. The Samsung Eco Heating System can be retro-fitted, too, so there's no need to replace existing radiators or pipes.

## *Save when you switch*

To help cover the cost of installation, sign up to the Government's Renewable Heat Incentive (RHI) scheme. Those eligible can claim payments of up to £175.18 per quarter\* every three months for the next seven years. For more details, see [gov.uk/domestic-renewable-heat-incentive](http://gov.uk/domestic-renewable-heat-incentive).

*Pipes convey the hot water produced to a hot water cylinder*



*Hot water is transferred to taps, radiators or underfloor heating*

To learn more about the Samsung Eco Heating System and download your free EHS guide, visit [samsungehs.co.uk](http://samsungehs.co.uk)

**SAMSUNG**

# Ancient... and



## RELAX IN STYLE

The grandest space in the house is the first floor living room, painted in a sedate Pavilion Gray by Farrow & Ball, with striking furnishings to provide colour and interest. A patterned carpet from east Turkestan provides a contrast to the green, rough-textured fabric on the Clarke & Reilly sofa. Olwen bought the two 19th-century leather chairs in France in the 1990s and the Chinese box she uses as a coffee table came from Hong Kong.

# MODERN



*Just because a house is three centuries old doesn't mean it can't be bang up to date. Here's how one woman gave a classic home some cutting-edge cool*

An 18th-century dining table is paired with a Vistosi Murano pendant light from the 1950s



## WHO LIVES HERE?

Solicitor Olwen Evans has brought her eclectic taste to every room. 'The house reflects my interests and travels,' she says. It was Olwen's elder daughter, Amelia, who found the house for sale on a website. 'My younger daughter, Alice, was leaving home for university, so it seemed an ideal time for a change,' says Olwen. 'I have always loved Georgian houses, so the idea of moving into one appealed enormously.'

## THE HOUSE

As soon as Olwen saw the three-bedroom Spitalfields house, built in the 1720s, she knew it was something special: 'It was fully carpeted in cream wool and had plasma TVs above all the fireplaces, but the house itself was a gem,' she says. Once a furrier's workshop and textile business, the house was restored in the 1980s, but Olwen used a local architect to help her recreate missing period panelling and chimney pieces. 'And I've acquired a few Georgian pieces that really do look right in their surroundings,' she says.



AS SEEN  
ON TV



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- Ideal for rooms up to 20m<sup>2</sup>

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\* The Insider Network, end-survey W.o.M. campaign Oct – Nov 2014.



## A STUDY IN COLOUR

The period iron and pressed glass pendant lamp in the first-floor study came with the house. Olwen mixed up the furniture, combining a 1950s Danish chair covered in three shades of green velvet from Designers Guild with a mid-century rosewood desk from The Conran Shop.



## COLLECTING THE PAST

In the downstairs sitting room, an alcove is home to 'things with no real reason for being there', according to Olwen. The cow creamer belonged to her mother, and the various African artefacts in the house were collected after a course at the School of Oriental and African Studies.



## OUTSIDE IN

On the ground floor, Olwen turned a lean-to conservatory into a sitting room that overlooks the garden. 'I felt this house needed lighter colours than the original darker tones,' she says. Colourful cushions, a large old chair draped with an Uzbek cloth, a modern kilim-covered chair and a tiny Victorian upholstered chair bring pattern and interest to the space.



Pretty linen from Cologne & Cotton gives the bedroom a feminine air



### SOFT SANCTUARY

Painted in Farrow & Ball's Pink Ground, Olwen's master bedroom is feminine but not fussy, with a 19th-century French brass bed and a Victorian chiffonier. The mirror-fronted cupboard was bought at a Bonhams London auction especially for the room, and now holds a display of blue and white pots from Hong Kong. The pretty lamp shades are by Squint Limited.



Some of the blue and white tiles in the bathroom came from Spitalfields Market

### CLEAN AND SHINY

Olwen replaced the existing bathroom, choosing a silvered bath from The Albion Bath Company set on a marble plinth, and her architect designed masses of built-in storage along two of the walls. The plaster relief was found lying forgotten at a friend's antiques shop.



In the kitchen, an island unit for storage leaves wall space free

### FOOD FOR THOUGHT

For many decades, the area that holds the kitchen had been a shop, and was a dining room when Olwen bought the home. She chose the appropriately-named Spitalfields kitchen design from Plain English, with a large oak-topped island unit for plenty of storage. The modern Original BTC pendant lights are simple and suit the pared-down style of the room. □



Usk bath, from £3,570, Drummonds ([drummonds-uk.com](http://drummonds-uk.com))



Flight Of Fancy standard lamp, £795, House of Hackney ([houseofhackney.com](http://houseofhackney.com))

# Shop the LOOK

Copy Olwen's vintage style with eclectic antiques and unexpected modern touches



Velvet love tub, £625, Oliver Bonas ([oliverbonas.com](http://oliverbonas.com))

Vintage Karabagh rug, from £1,395, The Rug Company ([therugcompany.com](http://therugcompany.com))



Sir John Soane hanging lantern, from £856.80, Hector Finch ([hectorfinch.com](http://hectorfinch.com))



Byzantium cushion, £55, India Jane ([indiajane.co.uk](http://indiajane.co.uk))

Tinta plate, £12, The Conran Shop ([conranshop.co.uk](http://conranshop.co.uk))



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*42 recipes for your best feast ever*



## FAIRY DUST FOR YOUR HOME

*Glittering table ideas and magical touches*



MAIN PHOTOGRAPH: MARK SCOTT. MODEL: KYLA O'REILLY AT BRUCE AND BROWN. ADDITIONAL PHOTOGRAPHY: PETER ZORMIR (FASHION), GARETH MORGANS (FOOD), CHARLIE RICHARDS (FOOD), MEGAN TAYLOR (GHI). GETTY, HEARTSTUDIOS

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# STEP INTO STYLE

From timeless classics to the hottest trends, Topps Tiles has just the look for every home – and it's never been easier to discover yours

**W**ith the festive season just around the corner, we all want our home to look its best for guests. And if you're planning a revamp at home, you'll find that Topps Tiles is brimming with inspirational ideas. Its dedicated buyers travel the world in search of the latest looks, key trends and smartest technologies, while friendly specialists are on hand in store to help you turn your dream scheme into reality.

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*With a look to suit every taste, the experts at Topps Tiles can help make your dream scheme a reality*



#### BACK TO NATURE

Combining the tactile qualities of timber or stone with the easy maintenance of ceramics or porcelain, natural-effect tiles are one of this year's key trends. Cottesmore tiles from the Regional Reflections range (opposite) capture the beauty of stonework, while Bayur Borneo (left) is a brilliant way to bring the natural warmth of wood into your bathroom. If you prefer a more traditional tile design, Topps has that covered, too. Inspired by 12th-century Mediterranean encaustic tiles, Francisco Segarra (above) makes a stunning feature floor in a rustic or modern home.



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avec plaisir

# GOOD★FOOD

26 pages of recipes & advice



PHOTOGRAPHY: MIKE ENGLISH. RECIPE AND FOOD STYLING: MEIKE BECK. PROP STYLING: OLIVIA WARDLE. ADDITIONAL PHOTOGRAPHY: GARETH MORGANS, WILL HEAP



One sentence recipe

## Chocolate Truffles

Keep unshaped truffle mixture (covered) in the fridge for up to 5 days. For grown-ups, add 1tbsp brandy to the melting chocolate mix. To coat the truffles, use chopped nuts, desiccated coconut, cocoa powder or icing sugar. Makes about 35.

Heat 200ml (7fl oz) double cream and 25g (1oz) caster sugar until hot (not boiling), then add to a bowl containing 200g (7oz) finely chopped plain chocolate and 15g (½oz) softened butter, stir to melt, then chill until firm; roll 1tsp portions into balls, then toss them in a coating of your choice.

## A festive welcome

From apéritifs to home-baked gifts – all the recipes you need



## Meanwhile, in real life...

Make it easy with super suppers fresh from the freezer



## Christmas countdown

Time to get out the mixing bowl – it's Stir-up Sunday!



# Dinner is served...

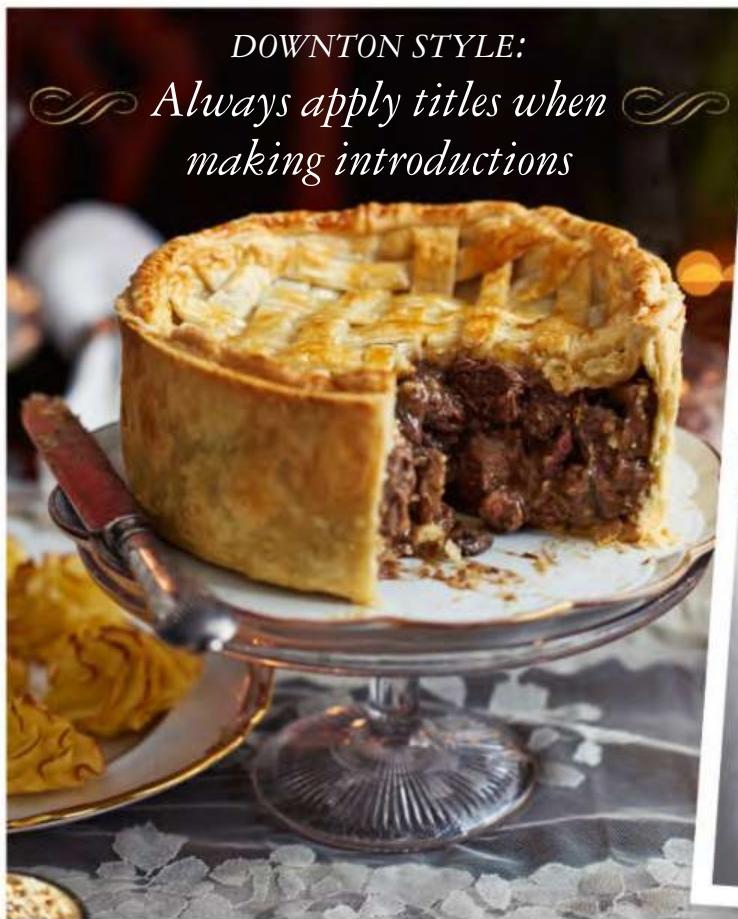
Oh, to be invited to a Downton Abbey feast! (Pass the mustard, Lady Mary? More wine please, Carson!) But in the absence of an invite from the Earl of Grantham – and to celebrate the return of the series – we've laid on a genuine 1920s spread to impress even the grandest guests. Mrs Patmore, eat your heart out!

PHOTOGRAPHY GARETH MORGANS  
PROP STYLING JENNY IGGLEDEN

Light start to  
the meal



DOWNTON STYLE:  
Use good posture at the  
table and keep hands  
folded in your lap  
when not eating



## The Earl's Tipple

**A bold, fragrant and warming start.**  
In a tumbler or high-ball, muddle 1tsp demerara sugar, 1tbsp each brandy and Cointreau and a few dashes of Angostura Bitters. Add plenty of ice, and top up with soda water. Garnish with a sprig of thyme and an orange slice. Makes 1  
**PER COCKTAIL** 101cals, 0g protein, 0g fat (0g saturates), 9g carbs (9g total sugars), 0g fibre

## Mock Turtle Soup with Quail's Egg Croûte

*Traditionally made with cheaper brains and organ meat to replace the actual turtle, our mock version is vegetarian and simply green in colour.*

Hands-on time 20min. Cooking time about 25min. Serves 8

- ◆ 2tbsp olive oil
- ◆ 25g (1oz) butter
- ◆ 4 onions, finely sliced
- ◆ 4 garlic cloves, finely chopped
- ◆ 100ml (3½fl oz) dry sherry
- ◆ 200g (7oz) frozen peas
- ◆ 300g (11oz) frozen spinach
- ◆ 800ml (1½ pint) vegetable stock
- ◆ 200g (7oz) watercress
- ◆ 8 baguette slices
- ◆ 8 quail's eggs
- ◆ Fresh chives, to garnish

**1** Heat half the oil and all the butter in a large pan. Gently fry the onions, covered, for 15min until softened. Add garlic and cook, stirring, for 1min. Add sherry and simmer for 1min.

**2** Add peas, spinach and stock. Bring to the boil, reduce heat and stir in watercress until wilted. Take pan off heat and carefully blend (in batches, if necessary). Return to pan and season to taste.

**3** Preheat grill to medium. Toast baguette slices until golden. In a small frying pan, heat remaining oil. Carefully crack in the quail's eggs and fry for 1min until just set. Top each toast with a quail's egg.

**4** Reheat soup if necessary and divide among eight warmed bowls. Float a quail's egg croûte on each and garnish with chives.

**PER SERVING** 202cals, 8g protein, 8g fat (3g saturates), 19g carbs (5g total sugars), 6g fibre

## Earl Grey Cured Salmon with Hollandaise

*The floral flavours of Earl Grey tea work wonders with the richness of the salmon. Pressing it under a weight firms up the fish, making slicing easy.*

Hands-on time 20min, plus 2 days to cure. Cooking time about 10min. Serves 8

### FOR THE SALMON

- ◆ 150g (5oz) fine salt
- ◆ 75g (3oz) caster sugar
- ◆ 40g (1½oz) loose leaf Earl Grey tea
- ◆ Finely grated zest and juice 1 orange
- ◆ 650g (1lb 7oz) piece salmon, skin on

### FOR THE HOLLANDAISE

- ◆ 1tbsp loose leaf Earl Grey tea
- ◆ 2tbsp white wine vinegar
- ◆ 6 black peppercorns
- ◆ 4 large egg yolks
- ◆ 250g (9oz) unsalted butter, chopped
- ◆ Juice ½ lemon

**1** Line a roasting tin that will hold the salmon with a double layer of clingfilm, leaving excess hanging over the sides. Make the cure: in a medium bowl, mix the salt, sugar, tea, orange zest and juice.

**2** Sprinkle half the cure over base of the lined tin, then lay salmon on top (skin-side down). Sprinkle over remaining cure, then wrap fish tightly in the clingfilm. Sit a baking tray on top of the fish and weigh down with tinned food. Leave for 2 days in the fridge.

**3** When ready, unwrap salmon and roughly rinse off cure. Pat dry with kitchen paper, then slice as thinly as you can off the skin.

**4** For the hollandaise, put the tea, vinegar, peppercorns and 50ml (2fl oz) water into a small pan. Bring up to the boil, then simmer to reduce to about 1tbsp liquid. Strain into a blender or food processor, add yolks and pulse with a pinch of salt.

**5** Melt butter in the empty clean pan, being careful not to let it boil. Remove from heat and pour into jug. With the motor running, pour butter in a thin stream on to the yolk mixture – the mixture will thicken. Pulse in lemon juice and season to taste. Serve with salmon and some toasts, if you like.

**PER SERVING (with 1tsp hollandaise)** 322cals, 17g protein, 28g fat (13g saturates), 0g carbs (0g total sugars), 0g fibre



## Tomato Sorbet

*A surprising palate cleanser that refreshes without being overly sweet.*

Hands-on time 15min, plus churning and freezing. Serves 8

- ◆ 750g (1lb 10½oz) tomatoes on the vine (weight without vine)
- ◆ ½tsp red wine vinegar

**1** Cut a small cross across the top of each tomato, then drop into a bowl of freshly boiled water for 1min, until skins are beginning to come away. Lift out, leave to cool slightly, then peel off (and discard) skins.

**2** Halve the tomatoes, then whiz in a food processor until completely puréed. Add vinegar and ¾tsp salt, then churn in an ice cream machine until almost frozen. Transfer to a freezerproof container, cover and freeze until solid. Alternatively, pour tomato mixture into a freezerproof container and freeze until semi-frozen, whisk to break up any ice crystals, then freeze until solid.

**3** To serve, soften at room temperature for 15min, then scoop into balls.

**PER SERVING** 19cals, 1g protein, 0g fat (0g saturates), 3g carbs (3g total sugars), 1g fibre

**GET AHEAD** Freeze up to a month ahead. Complete recipe to serve.

*DOWNTON STYLE: Begin eating each course only after the hostess has taken a bite. When she places her cutlery in the finished position, your course has finished, too*



Get-ahead starter

DOWNTON STYLE: Talking with food in your mouth should be avoided at all costs – even when you have a conversational gem!

A triumphant  
centrepiece



## Beef and Venison Pie

*No need to brown the meat first for this glorious pie, which is cooked in rich red wine.*

Hands-on time **35min**, plus cooling and chilling. Cooking time **about 3½hr**. Serves **8**

- ◆ **1tbsp olive oil**
- ◆ **2 red onions, finely chopped**
- ◆ **3 garlic cloves, crushed**
- ◆ **150g (5oz) smoked lardons**
- ◆ **250g pack chestnut mushrooms, roughly chopped**
- ◆ **50g (2oz) plain flour, plus extra to dust**
- ◆ **500ml (17fl oz) beef stock**
- ◆ **500g (1lb 2oz) braising steak, cut into 2.5cm (1in) pieces**
- ◆ **500g (1lb 2oz) venison for braising, cut into 2.5cm (1in) pieces**
- ◆ **300ml (½ pint) red wine**
- ◆ **3 rosemary sprigs**
- ◆ **4 thyme sprigs**
- ◆ **750g (1lb 10½oz) shortcrust pastry**
- ◆ **1 egg, beaten, to glaze**

**1** Preheat oven to 180° (160°C fan) mark 4. Heat oil in a large flameproof casserole dish that has a lid, and gently fry onions for 10min to soften. Stir in the garlic, lardons and mushrooms, and continue cooking until the mushrooms are beginning to soften.

**2** Meanwhile, put the flour into a jug and gradually whisk in the stock to make a smooth mixture. Season well.

**3** To the casserole dish, add the raw meat, the stock mixture, wine and herbs. Bring up to the boil, stirring occasionally, then cover with the lid and cook in the oven for 2-2½hr or until the meat is tender (remember to give the mixture an occasional stir). Check seasoning, then set aside to cool completely (see GH Tip).

**4** While pie mixture is cooling, lightly flour a work surface and roll out 500g (1lb 2oz) of the shortcrust pastry to 3mm (¼in) thick. Use to line the base and sides of a 20.5cm (8in) round loose-bottom or springform cake tin – leaving about 2.5cm (1in) excess pastry hanging

over the sides. Keep any pastry trimmings wrapped. Chill lined tin for 20min.

**5** Preheat oven to 200°C (180°C fan) mark 6. Cook pastry case in oven for 10min, then press the pastry down on the base and sides with a spatula, as it will have puffed a little. Return to the oven for a further 5min until pastry feels sandy.

**6** Carefully take pastry tin out of oven and trim excess pastry. Pick out and discard herb stalks from the meat filling, then spoon into the pastry case and level.

**7** Roll out remaining pastry on a lightly floured work surface until 3mm (¼in) thick. Brush the inside rim of the visible pastry in the tin with some beaten egg, then lay over the raw pastry. Press into position, trimming excess (keep trimmings). Glaze pie top with egg. Roll out all trimmings as before and use to decorate top of pie with shapes or a lattice pattern. Brush decorations with egg, then cut a small cross in the centre of the pie to allow steam to escape.

**8** Cook pie in the oven for 35min until the pastry is a rich gold and the filling is piping hot. Allow the cooked pie to sit for 5min, then remove from tin and transfer to a serving plate. Serve in slices.

**PER SERVING** 737cals,

**41g protein, 41g fat**

**(16g saturates), 43g carbs**

**(4g total sugars), 3g fibre**

**GET AHEAD** Prepare to end of step 3 up to a day ahead. Cool, cover and chill. To serve, allow filling to come up to room temperature and complete recipe.

**GH TIP** Your filling should be unctuous and thickly sauced. If yours is very liquidy, strain some of it and reserve it for a gravy before filling the pastry. Reheat gravy when needed and serve alongside the pie.

## Anchovy and Caper Butter

*A classic Edwardian flavour combination, perfect melted over vegetables, lamb, chicken or fish.*

In a food processor, whiz **4 anchovy fillets** (from a tin), **1tsp capers** and the **leaves from a small bunch of parsley** to a thick paste. Pulse in **125g (4oz) chilled and cubed unsalted butter** until the mixture comes together. Scoop out onto clingfilm, then wrap and form into a sausage shape. Chill to firm up. Slice off portions and stir through cooked seasonal vegetables. The butter will keep in the fridge for a week, or in the freezer for up to 2 months.

## Duchess Potatoes

*Use a ricer for the smoothest, pipeable mashed potato.*

Hands-on time **30min**, plus cooling and chilling. Cooking time **about 50min**. Serves **8**

- ◆ **800g (1lb 12oz) Desiree potatoes, peeled and cut into even 4cm (1½in) chunks**
- ◆ **25g (1oz) unsalted butter**
- ◆ **½tsp ground nutmeg**
- ◆ **½tsp ground white pepper**
- ◆ **50ml (2fl oz) double cream**
- ◆ **2tbsp milk**
- ◆ **1 large egg yolk**

**1** In a large pan, cover potatoes with cold, salted water. Bring to the boil, reduce the heat and simmer gently for 30min until completely tender and a knife can be inserted with no resistance. Drain (reserving pan) into a colander and set aside to steam dry.

**2** Press potatoes through a ricer into the reserved pan or

mash until smooth. With a handheld electric whisk, beat in the butter, nutmeg, pepper, cream, milk, yolk and plenty of salt until smooth.

**3** Line two large baking sheets with baking parchment. Spoon potato mixture into a piping bag fitted with a 2cm (¾in) star or flower nozzle (we used a Jem 1B flower nozzle). Pipe 16 swirls, each about 6.5cm (2½in) wide, on to the sheets, spacing apart. Chill for 20min.

**4** Preheat oven to 200°C (180°C fan) mark 6. Cook the potatoes for about 15-20min until light golden. Cool on sheets for 5min before carefully removing to a warm serving dish with a palette knife. Serve.

**PER SERVING** 142cals,

**3g protein, 7g fat**

**(4g saturates), 17g carbs**

**(1g total sugars), 2g fibre**

**GET AHEAD** Prepare to end of step 3 up to a day ahead. Cover and chill. Complete recipe to serve.



## Choose your favourite dessert...

### Chocolate Charlotte Russe

*As the eggs are not cooked, look for the Red Lion stamp.*

Hands-on time **30min**, plus overnight chilling. Cooking time **about 5min**. Serves 8

- ◆ 125g (4oz) unsalted butter, chopped, plus extra to grease
- ◆ 200g (7oz) dark chocolate, chopped, plus extra to grate
- ◆ 2 x 175g packs sponge fingers
- ◆ 6 large eggs, at room temperature and separated
- ◆ 75g (3oz) caster sugar

**1** Gently melt butter and chocolate in a medium bowl set over a pan of simmering water. Remove from heat and cool for 10min.

**2** Meanwhile, clip in the base of a 20.5cm (8in) springform cake tin upside down, so there's no lip. Grease sides and line with baking parchment. Put some water in a shallow dish. Working one at a time, dip biscuits into the water to soften, then arrange in a ring around the edge of the tin. Use more softened biscuits to cover the base (you may need to break them to fit). Set aside.

**3** In a large bowl, whisk egg yolks and sugar with a handheld electric whisk until double in volume and thick (about 10min). Carefully fold in the cooled chocolate mixture.

**4** In a large bowl, with clean beaters, whisk the egg whites until they hold stiff peaks. Carefully fold egg whites into chocolate mixture. Spoon half the mousse into the cake tin and level. Softening biscuits as before, make a biscuit layer on top of the mousse. Top with remaining mousse, level and chill to set for 6hr, or overnight.

**5** Once set, carefully unclip and remove from the tin. Decorate the top with grated chocolate.

**PER SERVING** 510calories, 10g protein, 26g fat (14g saturates), 58g carbs (45g total sugars), 1g fibre

DOWNTON STYLE: It's port and claret for the gentlemen, while the women retire to the drawing room for coffee



### English Rose Jelly with Scented Berries

*An ode to our favourite English roses from Downton Abbey! Our jelly is set in Nordicware's Stained Glass bundt tin (25.5cm/10in), available from Amazon.*

Hands-on time **25min**, plus chilling. Cooking time **about 5min**. Serves 10

- ◆ Oil, to brush
- ◆ 2 x 135g pack strawberry jelly, broken into cubes
- ◆ 250g (9oz) caster sugar
- ◆ 1.2 litre (2½ pint) double cream
- ◆ 1¼tsp rosewater
- ◆ 500g (1lb 2oz) frozen summer berries or strawberries, defrosted
- ◆ Juice of ½ lemon
- ◆ Crystallised rose petals, optional, to garnish – see GH Tip

**1** Brush a 2 litre (3½ pint) mould with oil. In a pan, gently heat the jelly with 150g (5oz) of the sugar and 300ml (½ pint) boiling water, stirring until dissolved.

**2** In a large bowl, stir double cream, 1tsp rosewater and jelly mixture until smooth. Pour into prepared mould and chill for 4hr or until set.

**3** 40min before serving, toss berries with remaining 100g (3½oz) sugar, ¼tsp rosewater and lemon juice. Set aside for 30min.

**4** Tip half berry mixture into a food processor, whiz until smooth then pass through a sieve into a serving dish (discard seeds). Mix the remaining berries into the sauce.

**5** To serve, quickly dip mould into warm water. Dry mould and invert on to plate. Serve with the berries.

**PER SERVING** 790calories, 4g protein, 65g fat (40g saturates), 48g carbs (46g total sugars), 1g fibre

**GET AHEAD** Make jelly and chill up to 2 days in advance.

**GH TIP** To crystallise rose petals (up to 2 days in advance): lightly brush petals with egg white, then sprinkle with caster sugar. Arrange on baking parchment and leave to harden overnight in a cool place. □



# MADE

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Consorzio Tutela Grana Padano

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# *Edible decoration*

Pepparkakor Christmas Wreath



PHOTOGRAPHY  
GARETH MORGANS

# Made for sharing

What better way to get in the Christmas spirit than with some festive baking? Your kitchen will smell of sugar, spice and all things nice, and you'll make friends and family very, very happy...



New idea  
Red Velvet Snowflakes



Kellogg's

See you at breakfast

MADE WITH  
5 GRAINS  
RASPBERRIES  
PUMPKIN  
SEEDS  
POMEGRANATE



NEW Special K Super Porridge **LIVE IN COLOUR**



*More cookie than biscuit*

## Stained Glass Stars

*A box of these pretty stars, threaded with ribbon, would make a fabulous festive gift.*

Hands-on time **30min**, plus chilling and cooling. Cooking time **about 15min**. Makes **about 20**

- ◆ **150g (5oz) unsalted butter, softened**
- ◆ **75g (3oz) caster sugar**
- ◆ **1tsp vanilla extract**
- ◆ **200g (7oz) plain flour, plus extra to dust**
- ◆ **About 10 coloured boiled sweets**

**1** In a large bowl, mix butter and sugar with a wooden spoon until soft and combined. Beat in the vanilla, then stir in the flour until the mixture comes together. Shape dough into a disc, wrap in clingfilm and chill for 30min.

**2** Meanwhile, separate sweets into their different colours and put each colour into a plastic food bag. Bash sweets in the bags with a rolling pin to break into small pieces.

**3** Line two large baking sheets with baking parchment. Roll out dough on a lightly floured surface to 3mm ( $\frac{1}{8}$ in) thick and stamp out 10cm

(4in) stars, or other Christmas shapes. Arrange stars on prepared baking sheets. Use a 5cm (2in) star cutter, or similar, to stamp out the centre of each larger star. Reroll trimmings to make more biscuits.

**4** Spoon  $\frac{1}{2}$ tsp crushed sweets into the middle of each biscuit. If you plan to hang the biscuits up, use a skewer to make a hole at the top of each. Chill for 15min.

**5** Preheat oven to 180°C (160°C fan) mark 4. Bake biscuits for 12-15min until lightly golden and sweets have melted. Remove from oven and use a skewer to reopen holes if they've closed. Cool completely on sheets.

**6** To hang, thread a thin ribbon or twine through holes and knot into a loop.

**PER BISCUIT** 115cals, 1g protein, 6g fat (4g saturates), 13g carbs (6g total sugars), 0.4g fibre

**TO STORE** Keep cooled biscuits in an airtight container at room temperature for up to 2 weeks. Biscuits will soften over time if hanging.

## Christmas Spritz Trees

*These piped beauties ('spritz' means to squirt or spray in German) hold their definition well as there is no chemical raising agent in the dough mix. If you prefer, leave out the green food colouring.*

Hands-on time **25min**, plus chilling and cooling. Cooking time **about 10min**. Makes **about 17**

- ◆ **150g (5oz) unsalted butter, softened**
- ◆ **150g (5oz) caster sugar**
- ◆ **1 medium egg, beaten, plus 1 egg yolk**
- ◆ **2tsp vanilla extract**
- ◆ **¼tsp bake-safe green food colouring gel, optional**
- ◆ **250g (9oz) plain flour**
- ◆ **Silver balls or edible sprinkles, to decorate**

**1** In a large bowl, beat the butter with a handheld electric whisk to make sure it's soft. Add the sugar, egg and yolk, vanilla and food colouring (if using) and beat until just combined – the mixture will look slightly curdled. Fold in the flour with a large metal spoon.

**2** Spoon into a piping bag fitted with a 1.5cm ( $\frac{2}{3}$ in) star nozzle. Line two large baking sheets with baking parchment. Pipe squiggles of dough in the shape of little Christmas trees on to the prepared baking sheets, about 8cm (3½in) long. Space apart as they may spread. Decorate with silver balls or sprinkles. Chill for 30min.

**3** Preheat oven to 200°C (180°C fan) mark 6. Bake biscuits for 10min until set. Cool for 5min on sheets before transferring to a wire rack to cool completely.

**PER BISCUIT** 161cals, 2g protein, 8g fat (5g saturates), 20g carbs (9g total sugars), 1g fibre

**TO STORE** Keep cooled biscuits in an airtight container at room temperature for up to 3 days.





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## Peppermint Spirals

*These fun biscuits are sure to raise a smile. If you don't like peppermint flavour, just leave it out.*

Hands-on time **30min**, plus chilling, freezing and cooling. Cooking time about **20min**. Makes about **24**

- ◆ **200g (7oz) unsalted butter, softened, plus extra to grease**
  - ◆ **200g (7oz) granulated sugar**
  - ◆ **50g (2oz) icing sugar, sifted**
  - ◆ **1 medium egg**
  - ◆ **300g (11oz) plain flour**
  - ◆ **½–1¼tsp red food colouring paste – enough to get a bright colour**
  - ◆ **½tsp peppermint extract**
- YOU WILL ALSO NEED, OPTIONAL**
- ◆ **24 cardboard lollipop sticks**

**1** Draw a 20.5 x 30.5cm (8 x 12in) rectangle on each of two large sheets of baking parchment. Flip over the parchment so ink is on the bottom.

**2** In a large bowl, beat together the butter and both sugars until light and fluffy. Beat in the egg, followed by the flour until combined.

**3** Transfer half the dough to another bowl and mix in the food colouring and peppermint extract. Press both doughs separately into the rectangle templates, top each with another sheet of parchment, then roll gently with a rolling pin to smooth. Chill both (still covered) for 15min.

**4** Peel off the top sheet of parchment from each, then flip the red dough on to the plain-coloured dough. Peel off top parchment, then trim long edges to neaten. With the help of the base parchment, tightly roll up the dough from one of the long edges. Wrap the whole dough sausage in parchment and freeze until solid – about 1hr.

**5** Preheat oven to 180° (160°C fan) mark 4. Lightly grease 3 baking sheets. Unwrap the frozen dough and trim ends to neaten. Cut into 1cm (½in) slices, spacing them apart on the prepared sheets. If using lollipop sticks, then lightly press the slices on to the sticks on the baking sheet.

**6** Bake for 20min or until lightly golden. Cool on sheet for 1min, then transfer to a wire rack to cool completely.

**PER BISCUIT** 151cals, 2g protein, 7g fat (4g saturates), 20g carbs (11g total sugars), 0.5g fibre

**TO STORE** Keep cooled biscuits in an airtight container at room temperature for up to 10 days.



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## Perfect with coffee

### Lemon and Cranberry Shortbreads

Made in a food processor, these golden fingers are wonderful with a cup of tea.

Hands-on time **25min**, plus chilling and cooling. Cooking time **about 50min**. Makes **about 22**

- ◆ **200g (7oz) unsalted butter, chilled and cubed**
  - ◆ **125g (4oz) icing sugar**
  - ◆ **300g (11oz) plain flour**
  - ◆ **2tsp vanilla extract**
  - ◆ **50g (2oz) dried cranberries, finely chopped**
  - ◆ **Finely grated zest of 1 lemon**
- TO FINISH, OPTIONAL**
- ◆ **150g (5oz) white chocolate, chopped**
  - ◆ **Edible sprinkles**

**1** Line a 20.5cm (8in) square tin with baking parchment and set aside. In a food processor, whiz the butter, sugar, flour and a pinch of salt until the mixture just clumps together. Add the vanilla, cranberries and lemon zest and pulse to combine.

**2** Press mixture into the prepared tin and level (using your hands or the back of a metal spoon is easiest). Prick dough well with a fork, then chill for 30min.

**3** Preheat oven to 170°C (150°C fan) mark 3. Bake the shortbread for 45-50min or until nicely golden.

**4** While it's still warm, cut the shortbread in half across the middle. Then cut each half into fingers 1.5cm (½in) wide. Cool completely in tin.

**5** If finishing the biscuits with chocolate, line a baking sheet with baking parchment. Melt the chocolate in a heatproof bowl set over a pan of barely simmering water. Using a pastry brush, paint chocolate on one end of each shortbread finger, then arrange on prepared baking sheet. Decorate with sprinkles and leave to set, or chill for 15min.

**PER BISCUIT (with chocolate)** 184cals, 2g protein, 10g fat (6g saturates), 22g carbs (11g total sugars), 1g fibre

**TO STORE** Keep cooled shortbreads in an airtight container at room temperature for up to 5 days. If painted with chocolate, use parchment to separate the biscuit layers.

### Chocolate Honey Hearts

*Warmly spiced, with a dark chocolate coating, these cake-like biscuits are inspired by the classic Danish biscuits served at Christmas time.*

Hands on time **35min**, plus cooling, (overnight) chilling and setting. Cooking time **about 18min**. Makes **16**

#### FOR THE BISCUITS

- ◆ **250g (9oz) runny honey**
- ◆ **25g (1oz) light brown muscovado sugar**
- ◆ **300g (11oz) self-raising flour, plus extra to dust**
- ◆ **1tsp ground cinnamon**
- ◆ **½tsp ground allspice**
- ◆ **½tsp ground cloves**
- ◆ **1 medium egg yolk**

#### TO DECORATE

- ◆ **200g (7oz) plain chocolate, chopped**
- ◆ **Edible gold stars, optional, to decorate**

**1** Heat honey and sugar together in a small pan to loosen. Set aside to cool for 10min.

**2** In a large bowl, mix the flour and spices, then add the honey mixture and egg yolk and mix to combine. Cover bowl and chill for at least 6hr or ideally overnight to let the flavours develop and the dough harden.

**3** Preheat oven to 180°C (160°C fan) mark 4. Line two large baking sheets with baking parchment. Empty dough on to a lightly floured surface, bring together and roll out to 1cm (½in) thick. Stamp out 5cm (2in) wide hearts, rerolling trimmings, and transfer to the prepared sheets, spacing 5cm (2in) apart as they will spread. You may need to bake them in batches.

**4** Bake for 12-14min until sandy to the touch but still soft when pressed (they will harden slightly on cooling). Leave to cool on sheets for 10min before transferring to a wire rack to cool completely.

**5** To decorate, melt chocolate – see GH Tip – in a heatproof bowl set over a pan of simmering water. Spoon over the biscuits (still on rack) to cover. Sprinkle with gold stars, if you like, and leave to set.

**PER BISCUIT** 186cals, 3g protein, 4g fat (2g saturates), 34g carbs (21g total sugars), 1g fibre

**GH TIP** For best results, temper your chocolate while melting. This will stop it developing a white bloom (safe to eat but not as attractive). Melt 125g (4oz) of your chocolate in a heatproof bowl set over a pan of simmering water and heat to 50°C. Take off heat, stir in remaining 75g (3oz) chocolate and cool at room temperature to 31°C. Coat your hearts.

**TO STORE** Keep in an airtight container at room temperature for up to 5 days.

## Pepparkakor Christmas Wreath

*Classic Swedish gingerbread with a characteristic snap. This recipe makes two wreaths, one to give and one to keep (or see freeze-ahead tip).*

Hands-on time **about 1hr**, plus cooling, chilling and setting. Cooking time **about 30min**. Makes **2 wreaths**

### FOR THE PEPPARKAKOR (MAKES 2 WREATHS)

- ◆ 225g (8oz) unsalted butter, chopped
- ◆ 150ml (5fl oz) golden syrup
- ◆ 175g (6oz) light brown muscovado sugar
- ◆ 500g (1lb 2oz) plain flour, plus extra to dust
- ◆ 2tsp ground ginger
- ◆ 2tsp ground cinnamon
- ◆ 1tsp ground cloves
- ◆ 1tsp baking powder
- ◆ 1 medium egg, beaten

### FOR THE ICING (ENOUGH FOR 2 WREATHS)

- ◆ 1 medium egg white
- ◆ 250g (9oz) icing sugar, sifted, plus extra to dust

**1** For the pepparkakor: in a medium pan over a low heat, melt the butter, syrup and sugar, stirring until the sugar dissolves. Set aside to cool. Meanwhile, in a large bowl mix the flour, spices, baking powder and  $\frac{1}{2}$ tsp salt.

**2** Beat the egg into the cooled syrup mixture, then mix liquid into the flour bowl and stir to combine. Divide mixture in half and wrap each portion in clingfilm (each makes one wreath). Chill for at least 4hr or overnight – or follow freezing instructions (see right).

**3** Preheat oven to 190°C (170°C fan) mark 5. Make first wreath: Line two baking sheets with baking parchment. On a lightly floured surface, roll out one dough portion to 5mm ( $\frac{1}{4}$ in) thickness. Cut out a 20.5cm (8in) circle using a cake tin as a guide, and transfer to a prepared baking sheet. From the centre of this circle, cut out a 10cm (4in) circle so you are left with a 5cm (2in) wide band. Reserve trimmings. Bake the band for 15min until golden. Cool on baking sheet briefly before transferring to a wire rack to cool completely.

**4** Meanwhile, from the trimmings, use 5–9cm (2–3½in) cutters to stamp out holly leaves, rerolling as necessary, and shape a few 1.5cm ( $\frac{1}{2}$ in) balls of dough to make ‘berries’. Space biscuits 2cm ( $\frac{3}{4}$ in) apart on prepared cool baking sheets and bake for 8–10min until golden. Cool for 5min on sheets before transferring to a wire rack to cool completely. If making two wreaths at the same time, repeat with remaining portion of dough to make second wreath, or freeze until needed.

**5** To assemble, make icing (enough for 2 wreaths): in a medium bowl with an electric whisk, beat egg white to stiff peaks, then beat in the icing sugar until smooth. Spoon two-thirds into a piping bag fitted with a 3mm ( $\frac{1}{8}$ in) or Wilton 2 nozzle and set aside.

**6** Use remaining icing to stick holly biscuits and berries to the biscuit band(s), overlapping to make a pleasing pattern



(keep icing covered as you work, to stop it drying out). Using the icing in the bag, pipe details on to some of the holly biscuits. Leave wreath to set. See GH Tip.

**7** When set, dust lightly with icing sugar and hang with a ribbon.

**FREEZE AHEAD** Freeze unbaked dough, wrapped, for up to one month. Defrost overnight in fridge and complete recipe.

**GH TIP** Spare biscuits will keep in an airtight container at room temperature for up to 3 weeks. Store spare icing, covered, for up to 2 days in the fridge.

## Red Velvet Snowflakes

*A take on the ever-popular cake and reminiscent of Bourbon biscuits. Need we say more?*



Hands-on time **45min**, plus overnight chilling, cooling and setting. Cooking time **about 12min**. Makes **about 18**

### FOR THE BISCUITS

- ◆ 75g (3oz) unsalted butter, softened
- ◆ 100g (3½oz) caster sugar
- ◆ 1 medium egg
- ◆ 40g (1½oz) buttermilk
- ◆  $\frac{3}{4}$ tsp red food colouring paste, we used Squires Poinsettia or Christmas Red
- ◆ 175g (6oz) plain flour, plus extra to dust
- ◆ 1tsp baking powder
- ◆ 25g (1oz) cocoa

### FOR THE ICING

- ◆ 200g (7oz) icing sugar, sifted

**1** In a large bowl, beat the butter and caster sugar with a handheld electric whisk until pale and fluffy. Add the egg, buttermilk and food colouring and beat to combine. Fold in the remaining biscuit ingredients, then bring together with your hands. Wrap

dough in clingfilm and chill overnight.

**2** Preheat oven to 180°C (160°C fan) mark 4. Line two large baking sheets with baking parchment. Unwrap dough and lightly dust with flour. Roll out between two large pieces of parchment to 3mm ( $\frac{1}{8}$ in) thick. Stamp out 9cm (3½in) snowflake shapes, brushing off any excess flour. Use a palette knife to transfer to prepared sheets, spacing about 4cm (1½in) apart – you may need to bake in batches.

**3** Bake for 10–12min until sandy to the touch. Cool for 5min on the sheets before transferring to a wire rack to cool completely.

**4** To ice, mix icing sugar with 2tbsp hot water to make a thick icing. Scrape into a piping bag with a small plain nozzle (or just snip off the end of a disposable piping bag). Pipe patterns on to the biscuits and leave to set.

**PER BISCUIT** 118cals, 2g protein, 4g fat (3g saturates), 18g carbs (11g total sugars), 1g fibre

**TO STORE** Keep in an airtight container at room temperature for up to 2 weeks. □

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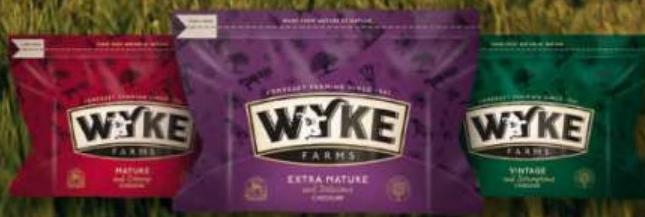
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# Feasts from your FREEZER

Our advice for a no-panic festive season is to get some of the midweek cooking out of the way early. So here are our mouthwatering Triple-Tested dishes to fill your freezer – you'll thank us later!

PHOTOGRAPHY WILL HEAP



One pot  
Spanish  
Chicken



*Savoury treat*

Pancetta and Polenta Muffins





## Spanish Chicken

Rammed with flavour, this lighter stew showcases Spanish tastes. Choose your favourite stuffed olives for the recipe.

Hands-on time 20min. Cooking time about 1hr. Serves 4

- ◆ 1tbsp olive oil
- ◆ 8 chicken thighs, skin on
- ◆ 175g (6oz) cooking chorizo, sliced into 5mm ( $\frac{1}{4}$ in) rounds
- ◆ 3 mixed peppers, deseeded and roughly chopped
- ◆ 2tbsp plain flour
- ◆ 1tsp sweet smoked paprika
- ◆ 350ml (12fl oz) Spanish red wine, such as Rioja
- ◆ 300ml ( $\frac{1}{2}$  pint) chicken stock
- ◆ 2tbsp red wine vinegar
- ◆ 200g (7oz) stuffed olives
- ◆ 2 x 400g tins cannellini beans, drained and rinsed
- ◆ Dash of sherry, optional
- ◆ Small bunch parsley, roughly chopped

**1** Heat the oil in a large flameproof casserole over medium-high heat and brown the chicken (do this in batches if necessary). Lift out chicken and set aside.  
**2** Drain off excess fat from the pan. Add chorizo and peppers to pan and fry for 3-5min, stirring often, until beginning to colour. Stir in the flour and cook for 1min.  
**3** Return chicken to the pan, add the paprika, wine, stock and vinegar. Bring to the boil, cover and simmer for 30min. Stir in the olives and beans and simmer uncovered for 15min.  
**4** Add sherry, if using, then check the seasoning. Sprinkle over parsley and serve with bread to mop up the juices, if you like.

**PER SERVING** 762cals, 58g protein, 39g fat (11g saturates), 24g carbs (4g total sugars), 11g fibre

**FREEZE AHEAD** Make to end of step 3, then cool completely. Transfer to a freezerproof container and freeze for up to 3 months. To serve, defrost overnight in the fridge. Transfer to a large pan, bring to the boil and simmer for 30min until chicken is piping hot. Complete recipe.



## Pancetta and Polenta Muffins

Polenta adds wonderful texture to these savoury muffins.

Hands-on time 20min. Cooking time about 25min. Makes 12

- ◆ 150g (5oz) diced pancetta
- ◆ 275g (10oz) plain flour
- ◆ 1½tsp baking powder
- ◆ 1tsp bicarbonate of soda
- ◆ 125g (4oz) quick-cook polenta
- ◆ 2 rosemary sprigs, leaves picked and finely chopped
- ◆ 125g (4oz) Parmesan, coarsely grated
- ◆ 150g (5oz) sour cream
- ◆ 125ml (4fl oz) milk
- ◆ 50ml (2fl oz) olive oil
- ◆ 2 medium eggs

**1** Preheat oven to 180°C (160°C fan) mark 4. Line the holes of a muffin tin with squares of baking parchment or muffin cases.  
**2** Fry pancetta until golden. Empty into a large jug and set aside. In a large bowl, mix the flour, baking powder, soda, polenta, rosemary, 100g (3½oz) of the Parmesan, ¾tsp salt and plenty of freshly ground black pepper.  
**3** To the pancetta add the sour cream, milk, oil and eggs. Whisk to combine. Add the egg mixture to the flour bowl and mix until nearly combined (a few floury lumps are fine – the muffins will be tough if you overmix). Divide mixture among cases and scatter over the remaining Parmesan.  
**4** Bake for 15-20min or until lightly golden and a skewer inserted into the centre comes out clean. Serve warm or at room temperature with a crisp green salad, if you like.

**PER MUFFIN** 271cals, 11g protein, 14g fat (6g saturates), 25g carbs (1g total sugars), 1g fibre

**FREEZE AHEAD** Freeze cooled muffins (in cases) in an airtight container for up to a month. To serve warm, reheat from frozen in a preheated 180°C (160°C fan) mark 4 oven for 20min, or simply defrost to serve at room temperature.

## Lamb Curry and Naan Dumplings

This curry cleverly incorporates naans in the dumpling mixture – sure to work as well as impress!

Hands-on time 35min. Cooking time about 1hr 15min. Serves 6

### FOR THE CURRY

- ◆ 2tbsp oil
- ◆ 2 large onions, finely sliced
- ◆ 2 garlic cloves, crushed
- ◆ 5cm (2in) piece fresh root ginger, grated
- ◆ 6tbsp balti curry paste
- ◆ 4tbsp tomato purée
- ◆ 950g (2lb 2oz) lamb neck fillet, cut into 2.5cm (1in) chunks
- ◆ 500ml (17fl oz) beef or lamb stock

### FOR THE DUMPLINGS

- ◆ 125g (4oz) garlic and coriander naan
- ◆ Small bunch of fresh coriander, chopped, plus extra to garnish
- ◆ 125g (4oz) self-raising flour
- ◆ 75g (3oz) cold butter, cubed
- ◆ 1 medium egg

**1** Heat the oil in a large flameproof (and freezerproof, if freezing) casserole. Add the onions, cover and gently cook for 10min to soften. Add the garlic, ginger, balti paste and tomato purée. Fry, stirring, for 2min. Add 6tbsp water and simmer until the liquid is nearly all evaporated.

**2** Next, add the lamb, stock and some seasoning. Bring to the boil, then simmer, uncovered, for 30min.

**3** Meanwhile, in a food processor, whiz the naan to fine breadcrumbs. Whiz in the coriander, flour and butter until the mixture comes together in large flakes. Add the egg and pulse to combine to a soft dough. Break the dough into 12 and roll into balls. Preheat oven to 190°C (170°C fan) mark 5.

**4** Drop dumplings over curry, spacing apart. Cook uncovered in the oven for 30min until dumplings are golden.

**5** Garnish with coriander and serve with rice, if you like.

**PER SERVING** 690cals, 41g protein, 44g fat (19g saturates), 32g carbs (6g total sugars), 3g fibre

**FREEZE AHEAD** Make to end of step 4. Cool completely, cover and freeze for up to a month. To serve, defrost overnight in fridge. Reheat, uncovered, in an oven preheated to 190°C (170°C fan) mark 5 for 35min until piping hot.



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*Twist on a classic*

## Kedgeree Fishcakes

*Inspired by the classic breakfast dish, these lightly curried fishcakes can be ready in your freezer.*

Hands-on time **35min**. Cooking time **about 25min**. Makes **8**

- ◆ **400g (14oz) floury potatoes, peeled and cut into small chunks**
- ◆ **4 medium eggs**
- ◆ **350g (12oz) undyed smoked haddock, skinned**
- ◆ **½ small onion, finely chopped**
- ◆ **300ml (½ pint) milk**
- ◆ **2tbsp chopped fresh coriander or parsley**
- ◆ **2tsp curry powder**
- ◆ **3tbsp plain flour**
- ◆ **100g (3½oz) fresh breadcrumbs**
- ◆ **4tbsp sunflower oil**

**1** Bring a medium pan of water to the boil and simmer potatoes for 15min or until tender. Meanwhile, put 3 of the eggs into a small pan, cover with cold water and bring to the boil. Once boiling, turn down heat and simmer for 7min. Drain eggs and run under cold water for 2min, then peel and roughly chop.

**2** Put the haddock and onion into a frying pan and pour over the milk (add a little water if fish is not covered). Bring to a gentle simmer and poach for 5min until fish is cooked. Strain into a sieve set over a jug (reserve both).

**3** Drain potatoes and leave to steam dry for 5min. Return to the empty pan with 5tbsp of the reserved poaching milk (discard the rest) and mash until smooth. Flake in the fish, then add the onions, chopped eggs, herbs, curry powder and some seasoning. Shape into 8 patties.

**4** Set up 3 bowls: one with flour, one with the remaining egg (beaten) and one with breadcrumbs. Coat the patties in flour, then egg, and finally breadcrumbs.

**5** Heat the oil in a large frying pan and fry fishcakes for 3-5min on each side until

golden and heated through. Serve with peas, lemon wedges and mango chutney, if you like.

**PER FISHCAKE 216cals, 13g protein, 7g fat (1g saturates), 24g carbs (3g total sugars), 2g fibre**

**FREEZE AHEAD** Cool fishcakes completely and open freeze on a baking tray. Once frozen, wrap in clingfilm and freeze for up to 3 months. To serve, cook fishcakes from frozen on a lightly oiled baking sheet in an oven preheated to 200°C (180°C fan) mark 6 for 20-25mins until piping hot.



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## Broccoli and Blue Cheese Gnocchi

*Figs add a burst of freshness to this decadent main.*

Hands-on time **20min**. Cooking time **about 30min**. Serves **4**

- ◆ 300g (11oz) broccoli florets
- ◆ 500g pack gnocchi
- ◆ 50g (2oz) butter
- ◆ 50g (2oz) plain flour
- ◆ 500ml (17fl oz) milk
- ◆ 125g (4oz) vegetarian blue cheese, crumbled into 1cm ( $\frac{1}{2}$ in) pieces
- ◆ 4 fresh figs, halved
- ◆ 1tbsp grated vegetarian Parmesan-style cheese

**1** Preheat oven to 180°C (160°C) mark 4. Bring a large pan of salted water to the boil and cook broccoli for 3min. Lift out with a slotted spoon on to kitchen paper. Add gnocchi to pan and boil for about 40sec or until they bob to surface. Drain and leave to dry.

**2** Melt the butter in the empty pan over medium heat. Add the flour and cook, stirring, for 1min. Remove from heat and gradually whisk in the milk until smooth. Return to heat and cook, whisking, until thickened – about 3min. Stir in most of the blue cheese to melt. Check the seasoning.

**3** Pour half the sauce into a 1.6 litre (2½ pint) ovenproof dish. With more kitchen paper, blot excess moisture from broccoli and scatter it into dish with the gnocchi and figs. Top with the remaining sauce and blue cheese, and the Parmesan-style cheese.

**4** Cook in the oven for 20min until bubbling and golden. Serve with a green salad, if you like.

**PER SERVING** 669cals,

25g protein, 26g fat  
(16g saturates), 82g carbs  
(12g total sugars), 5g fibre

**FREEZE AHEAD** Make to end of step 4. Cool completely, cover in foil and freeze for up to 3 months. To serve, defrost overnight in fridge. Cook (still covered) in an oven preheated to 180°C (160°C fan) mark 4 for 30min, then remove foil and cook for 10min more, until bubbling and golden.





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## Mexican Lasagne

*This simple supper uses flour tortillas instead of pasta sheets for a tasty twist.*

Hands-on time **30min**.

Cooking time **about 1hr**.

Serves **6**

- ◆ 1tbsp olive oil
- ◆ 1 red onion, finely chopped
- ◆ 500g pack beef mince
- ◆ 1 red pepper, deseeded and finely chopped
- ◆ 1-2 red chillies, to taste, deseeded and finely chopped
- ◆ 1tsp sweet smoked paprika
- ◆ 2 x 400g tins chopped tomatoes
- ◆ 300ml tub sour cream
- ◆ 100g (3½oz) Cheddar cheese, grated
- ◆ 400g tin black beans, drained and rinsed
- ◆ Large handful fresh coriander, chopped
- ◆ 6 soft flour tortillas

**1** Preheat oven to 200°C (180°C fan) mark 6. Heat the oil in a large pan and gently fry the onion, beef and pepper for 10min, stirring frequently to help break up the beef. Add the chillies, paprika, tomatoes and some seasoning.

Bring to the boil, and then simmer for 15min.

**2** Meanwhile, in a medium bowl mix together the sour cream, Cheddar and some seasoning.

**3** To the beef mixture, add the beans and coriander. Check the seasoning.

**4** Spoon one third of the beef mixture into the base of a large ovenproof dish, and then lay on two tortillas, overlapping slightly. Repeat layering twice more, and then top with sour cream mixture.

**5** Cook in the oven for 30-35min until golden and bubbling. Serve with a green salad, if you like.

### PER SERVING

482cals, 26g protein, 26g fat (12g saturates), 32g carbs (9g total sugars), 6g fibre

### FREEZE AHEAD

Make to end of step 4. Cool completely, and then cover and freeze for up to a month. To serve, defrost overnight in the fridge. Uncover and complete recipe, cooking until golden and piping hot.



*Food for friends*

## Sweet Potato, Spinach and Goat's Cheese Rotolo

*This centrepiece pasta supper looks as good as it tastes.*

Hands-on time **30min**. Cooking time **about 50min**. Serves **4**

- ◆ 1tbsp olive oil
- ◆ 1 onion, finely chopped
- ◆ 600g (1lb 5oz) sweet potato, about 3 medium, peeled and chopped into 4cm (1½in) pieces
- ◆ 2 garlic cloves, crushed
- ◆ 2 x 400g tins chopped tomatoes
- ◆ 1tsp dried oregano
- ◆ Small bunch fresh basil, roughly chopped
- ◆ Pinch of sugar
- ◆ 200g (7oz) spinach
- ◆ 100g (3½oz) soft goat's cheese, crumbled
- ◆ 6 sheets fresh lasagne
- ◆ 25g (1oz) Parmesan, grated

**1** Preheat oven to 200°C (180°C fan) mark 6 and bring a large pan of water to the boil. Heat the oil in a separate medium pan and gently fry the onion for 10min until softened.

**2** Cook the sweet potato in the boiling water for 10min or until tender.

**3** Add garlic to the onion pan; fry for 1min. Add tomatoes, oregano, basil and sugar. Check seasoning. Empty into a 2 litre (3½ pint) ovenproof dish.

**4** Put the spinach into a colander. Lift the cooked sweet potatoes out of the

boiling water with a slotted spoon and put into a medium bowl. Pour half the boiling water from the pan over the spinach to wilt and return pan with remaining water to low heat.

**5** When cool enough to handle, lift up handfuls of spinach and squeeze out excess moisture. Roughly chop. Mash sweet potatoes, and then add chopped spinach, goat's cheese and seasoning.

**6** Bring water back up to boil and cook lasagne sheets for 30sec until softened. Lift out with a slotted spoon on to a board. Divide sweet potato mix among sheets and spread to cover. Roll each sheet up from a short edge, then slice into three rolls. Arrange the rolls in the sauce, cut-side up. Scatter over Parmesan.

**7** Cook in the oven for 35min or until golden and bubbling. Serve with a green salad, if you like.

### PER SERVING 273cals, 10g

protein, 10g fat (5g saturates), 32g carbs (14g total sugars), 7g fibre

**FREEZE AHEAD** Make to end of step 6. Cool completely, cover with foil and freeze for up to 3 months. To serve, cook from frozen (still covered) in an oven preheated to 200°C (180°C fan) mark 6 for 30min, and then remove foil and cook for 45min more, until golden and piping hot.

*New idea*





*Future family favourite*



### TRIED, TESTED, TRUSTED

You can always rely on Good Housekeeping's recipes to work first time. One of the Cookery

Team develops each recipe we feature until they're happy it's perfect. Another member of the team then makes it again to ensure the method is foolproof (at which stage the

food is also tasted by lots of other key magazine members). Our third and final test happens on the photoshoot. So that's a minimum of three tests for every single recipe - our guarantee to you that they'll work! Remember always to use calibrated measuring spoons and accurate scales for ultimate success.

### Chicken Gratin

*Warming and comforting – perfect when the nights are long and chilly.*

Hands-on time 30min. Cooking time about 1hr 10min. Serves 4

- ◆ 75g (3oz) butter
- ◆ 1 onion, finely sliced
- ◆ 500g pack chicken thigh fillets, cut into bite-size pieces
- ◆ 150g (5oz) frozen peas
- ◆ 50g (2oz) plain flour
- ◆ 500ml (17fl oz) milk
- ◆ 3 thyme sprigs, leaves picked
- ◆ 1tbsp wholegrain mustard
- ◆ 2 medium floury potatoes

**1** Preheat oven to 180°C (160°C fan) mark 4. Melt 25g (1oz) of the butter in a large pan and gently fry the onion and chicken for 10min until onion is softened. Stir in the peas, and then empty mixture into a sieve set over a bowl to drain excess moisture.

**2** Set aside 1tsp of the remaining butter, and then add the rest to the empty pan and melt over medium heat. Add the flour and cook, stirring, for 30sec. Take pan off heat and gradually mix in the milk until smooth. Return pan to heat and cook, stirring constantly, until sauce is thickened and smooth – about 5min.

**3** Add the thyme leaves, mustard and plenty of seasoning. Pour into a large ovenproof serving dish and stir in the drained chicken mixture.

**4** Cut the potatoes (unpeeled) into 5mm (¼in) rounds. Arrange slices over the chicken mixture in a single layer, overlapping slightly. Melt the remaining teaspoon of butter, then brush lightly over the potatoes. Season with freshly ground black pepper. Cook in the oven for 45–50min or until the potatoes are lightly golden and tender. Serve with steamed greens, if you like.

**PER SERVING** 555cals, 33g protein, 31g fat (15g saturates), 34g carbs (9g total sugars), 5g fibre

**FREEZE AHEAD** Complete recipe. Cool completely, then cover and freeze for up to 1 month. To serve, defrost overnight in the fridge. Uncover and reheat in an oven preheated to 180°C (160°C fan) mark 4 for about 40min or until piping hot. □



# Come cook with us!

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\*Calls from landlines are charged at the standard national rate; calls from mobiles may cost more.



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# Make a WISH!

*Easy to make*

THE GOOD HOUSEKEEPING  
GIN AND TEA CHRISTMAS CAKE



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Institute  
*TRIED & TESTED*

If you're mad about Christmas, you'll already have marked 22 November on your calendar as *Stir-up Sunday*. Yes, it's time to make the traditional GH pudding and cake – and, we promise you, our 2015 recipes are absolute showstoppers...



### Rich and fruity

THE GOOD HOUSEKEEPING PEAR AND GINGER CHRISTMAS PUDDING



## GH Gin and Tea Christmas Cake

*These great British drinks are big trends this year, so we're celebrating both in this richly fruited cake.*

Hands-on time **25min**, plus overnight soaking and cooling. Cooking time **about 3½hr**. Makes **16 slices**

- \* 1.2kg (2lb 10½oz) dried mixed fruit
- \* 75g (3oz) dates (stoned), roughly chopped
- \* 6tbsp loose leaf Earl Grey tea
- \* 100ml (3½fl oz) gin to soak the fruit, plus extra to feed the cake
- \* 200g (7oz) unsalted butter, softened
- \* 200g (7oz) dark brown muscovado sugar
- \* 1tbsp treacle
- \* 4 medium eggs, beaten
- \* 250g (9oz) plain flour
- \* 1tsp mixed spice
- \* ½tsp ground allspice
- \* 75g (3oz) walnut pieces

**1** Put dried fruit and dates into a large non-metallic bowl. Stir 2tbsp tea leaves into 200ml (7fl oz) hot water and pour over fruit, together with the gin. Stir to coat fruit, then cover bowl with clingfilm and leave to soak overnight at room temperature.

**2** Preheat oven to 140°C (120°C fan) mark 1. Grease and line base and sides of a 20.5cm (8in) round deep cake tin with baking parchment, making sure it comes 2cm (¾in) above the top. Wrap a double layer of baking parchment around outside of tin, and secure with string.

**3** In a large bowl, beat butter, sugar and treacle with a handheld electric whisk until light and fluffy. Gradually beat in eggs – if mixture looks like it might curdle, beat in 1tbsp flour. With a large metal spoon, mix in flour, remaining tea leaves, spices, soaked fruit with liquid, and walnuts. Scrape into prepared tin and level surface.

**4** Bake for 3¼–3½hr, or until a skewer inserted into the centre comes out clean. Cool in tin for 30min, then take out of tin (keep parchment around cake) and leave to cool completely on a wire rack.

**PER SERVING** 489cals, 6g protein, 15g fat (7g saturates), 77g carbs (65g total sugars), 3g fibre

**TO STORE AND FEED** Wrap the cooled cake (still in parchment) in a couple of layers of clingfilm, then cover with foil. Store in a cool place. After 2 weeks, unwrap, prick cake all over and pour over 1tbsp gin. Rewrap and store as before, feeding cake every few weeks for a stronger flavour. Store for up to 3 months.

\* For icing inspiration see this Snowstorm Cake in our December issue, or visit [goodhousekeeping.co.uk/food/Christmas-cake-decorating](http://goodhousekeeping.co.uk/food/Christmas-cake-decorating)



## GH Pear and Ginger Christmas Pudding

*With its golden crown of succulent pears, this juicy pudding is sure to finish the feast on a high note.*

Hands-on time **30min**, plus overnight soaking and cooling. Cooking time **about 4½hr**. Serves **8**. Best matured, but can be eaten immediately

### FOR THE PUDDING

- \* 250g (9oz) sultanas
- \* 75g (3oz) each dried apricots, dates (stoned) and figs, chopped
- \* 225ml (8fl oz) pear cider
- \* Finely grated zest of 1 lemon
- \* Butter, to grease
- \* 75g (3oz) vegetarian suet
- \* 100g (3½oz) light brown soft sugar
- \* 2tsp each ground cinnamon and ground ginger
- \* 75g (3oz) plain flour
- \* 50g (2oz) fresh white breadcrumbs
- \* 1 large egg
- \* 1 pear, coarsely grated (skin on)
- \* 40g (1½oz) stem ginger (about 2 balls), coarsely grated

### FOR THE TOPPING

- \* 1 pear, peeled and cut into 1cm (½in) pieces
- \* 20g (¾oz) stem ginger (about 1 ball), finely chopped
- \* 1tbsp golden syrup

**1** For the pudding: put the dried fruit, pear cider and lemon zest into a large non-metallic bowl. Cover and leave to

soak overnight at room temperature.

**2** When fruit has soaked, lightly grease a 1 litre (1¾ pint) pudding basin with butter; line base with a disc of baking parchment. Put a large square of foil on top of a square of baking parchment of the same size. Fold a 4cm (1½in) pleat across centre of both together; set aside.

**3** To make the topping, mix together the pear, ginger and golden syrup, then scrape into the base of the prepared pudding basin. Set aside.

**4** In a separate large bowl, mix together suet, sugar, spices, flour, breadcrumbs, egg, grated pear, stem ginger and the contents of the soaked fruit bowl. Stir well, then spoon into the prepared pudding basin and level the surface.

**5** Put pleated foil and parchment square (foil-side up) on top of basin; smooth down to cover. Tie a long piece of string securely under lip of basin, then loop it over again; tie to make a handle. Scrunch in excess foil around edges, to cover excess parchment paper – this will help stop moisture getting into the pudding.

**6** To cook, put a heatproof saucer in the base of a large deep pan. Lower in the prepared pudding and pour in enough water to come halfway up sides of basin, trying not to get any on top of pudding. Cover pan with a lid, then bring water to the boil, turn down the heat and simmer gently for 4½hr, topping up the water as necessary. Remove pudding from the pan and, if not serving immediately, cool completely, keeping wrapped and tied.

**7** When cool, wrap the entire basin, still with its foil lid, tightly in clingfilm and then another layer of foil. Store in a cool, dark place for up to 2 months.

**PER SERVING** 407cals, 5g protein, 10g fat (5g saturates), 71g carbs (58g total sugars), 5g fibre

### TO REHEAT ON THE HOB

Remove the top layer of foil, clingfilm and pleated lid. Re-cover top of basin with a baking parchment and foil lid as before. Using the instructions in step 6, reheat for 1½hr. Leave to stand for a few minutes, then remove lid, invert pudding on to a lipped plate and peel off baking parchment disc. Serve.

### TO FLAME YOUR PUDDING

Warm 4tbsp brandy in a small pan. Carefully light the brandy using a long match, and pour over the pudding. □

# \*Simply divine\*

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# Come to the Good Housekeeping Carol Concert

Here's your chance to join in the festivities with Good Housekeeping this Christmas - book now for this glamorous event. Afterwards, we will meet for post-concert reception drinks, which are always a hit with readers, too!



## GH CAROL CONCERT Thursday 10 December 2015

**VENUE** The Grosvenor Chapel,  
South Audley Street, London W1K 2PA  
**Drinks:** Thomas Goode, South Audley Street  
**TIME** Doors open: 6.30pm **Concert:** 7pm  
**Drinks reception:** 8.15pm  
**TICKET PRICES** **Concert:** £30 (best view); £20 (restricted view); £15 (standing)  
**Optional drinks reception:** £12 supplement to include festive canapés and a goodie bag



LEFT Enjoy a festive drinks reception after the main event. RIGHT Judith Secombe, GH's Group Publishing Director, welcomes the audience

To book, visit [goodhousekeeping.co.uk/christmas-carol-concert](http://goodhousekeeping.co.uk/christmas-carol-concert)

Booking is open until 4 December 2015. For any questions regarding this event, or to sign up for our mailing list to be the first to know about similar events, email us at [hearstevents@hearst.co.uk](mailto:hearstevents@hearst.co.uk)

# TASTE ★ TEST

## PORK SAUSAGES

*It's the season for comfort food, and sausages are top of our list. We tested nine premium supermarket brands, but which won the battle of the banger?*

### JOINT WINNERS

Sainsbury's Taste The Difference

Ultimate Pork Sausages

**78/100** Plump, appetising sausages with a good quantity of seasoning and a lovely sage flavour. The texture is pleasantly coarse, and not too greasy. £3.30 for 10

The Black Farmer Premium

Pork Sausages

**78/100** Beautifully succulent, with a good kick of pepper. Gluten free and tasty. Some found them a tad salty. £2.98 for 6

### RUNNERS UP

The Co-operative Truly Irresistible Pork Sausages

**73/100** A firmer-textured sausage than others we tasted, but there's a good spice and herb flavour. £3.39 for 6

Lidl Deluxe Pork Sausages

**71/100** Well seasoned, with a tender and juicy texture. The casing is a bit tough, but they have a robust, satisfying meatiness. £1.75 for 6

Aldi Specially Selected Pork Sausages

**70/100** The spicy aroma is mouth-watering, they're moist in texture and we liked the addition of parsley. However, many found the meat bland. £1.75 for 6

### JUST ADD (HOME-MADE) GRAVY

Heat 1tbsp oil in a pan and gently fry 2 finely sliced red onions until softened, about 10min. Add 1tsp caster sugar and fry until onions start to colour, about 8min. Stir in 1tbsp plain flour and cook for 2min more. Gradually add 75ml (3fl oz) red wine, stirring, then 350ml (12fl oz) beef stock, a little at a time. Bring to the boil and allow to bubble for 3-5min to thicken. Check seasoning and serve. Serves 4.

### HOW WE TESTED

*Our panel blind-tasted pork sausages for flavour, balanced seasoning, a juicy texture and tender casing. All the sausages we tested were British, outdoor bred and with a minimum 85% meat content.*



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# Follow the



## DUBAI

### for true desert

Dubai is a city by the beach, with luxury hotels, shopping malls and first-rate restaurants. But you can also head inland and experience the desert on a mini safari (with [platinum-heritage.com](http://platinum-heritage.com)). You'll be picked up at your hotel in an air-conditioned 4x4 for a 90-minute drive, during which you may

see strings of camels being exercised. At the entrance to the Dubai Desert Conservation Reserve, you switch to a vintage open-top vehicle and head for the dunes. This is real desert, and the experience is exhilarating. It starts with a display by royal falcons at dusk, a fascinating insight into an ancient sport. As night falls, you'll settle around the campfire of the Al Maha Desert Resort for

a traditional Bedouin meal. No alcohol is served, but there are belly dancing and henna tattoos for entertainment. You can even take a moonlit ride on a camel.... Magical! One week at the One & Only Royal Mirage with Elegant Resorts ([elegantresorts.co.uk](http://elegantresorts.co.uk)) costs from £2,365pp half board, including flights. *Lindsay Nicholson*

# SUN

The recipe for a successful Winter sun holiday has two essential ingredients: sunshine and warmth. Not sunshine and thermal undies. Nor heat with rain, sultry skies, high humidity and pints of antiperspirant. Travel Editor David Wickers picks some of his favourite Winter escapes – offering much more than just a beach



Colourful contrasts: cross  
the border from big city  
to deep desert in Dubai



# Sylvia strikes back

Medical Secretary gives something back to research and treatment

Sylvia's friends remembered her for her kind heart, and her strong desire to help others. Even though she suffered lifelong poor health, while also caring for her critically ill mother.

But Sylvia did more than put on a brave face: she struck back against illness by working as a medical secretary, and following medical advances keenly.

That's how she found out that with conditions such as stroke, the right treatment and back-up can make all the difference when given promptly.

So it's not surprising Sylvia decided that one of the best things she could do would be to strike back again, by supporting the work of the Stroke Association – **and leave us a generous gift in her Will.**

Today, we take time to remember her. Because Sylvia is still playing an important part in helping us create a future free of stroke, and turn around the lives of thousands of stroke survivors each year.

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In good spirits:  
the Wat Plai Laem  
temple in Koh Samui

## THAILAND for culture

Combine active days in Bangkok with doing very little on a gorgeous beach. On the capital agenda, be sure to include the gold and glittering Grand Palace, the Night Market, the 148-foot long reclining Buddha at Wat Pho (whose smile alone spans 16 feet), a 'longtail' boat ride along the labyrinth of khlongs (or canals), their banks a passing showcase of traditional village life, and silk merchant Jim Thompson's traditional teak house filled with antiquities, as well as a shop selling quality fabrics and an excellent cafe. Banyan Tree has top hotels in Bangkok as well as two on the beach – one in Phuket and one on Koh Samui – each with a superb spa.

**Best at Travel** ([bestattravel.co.uk](http://bestattravel.co.uk)) has a week's B&B combining city and beach from £1,369pp, including flights with EVA Air from London and internal flights with Bangkok Airways.



Even popping to the  
shops in Ocho Rios  
feels like a getaway

## JAMAICA for activities

Beautiful beaches, a laid-back attitude, reggae and rum! Jamaica can certainly offer these, but what if you like your holidays a little more action-packed? Stay in Ocho Rios on the north coast, and there's a wealth of attractions on your doorstep. Head to nearby Mystic Mountain for bobsleigh action (think Cool Runnings in a rainforest

setting!) or experience the lush interior close-up by zip-wiring through the tree canopy. Or try a guided scramble up the spectacular 600ft Dunn's River Falls through a series of cascading waterfalls.

Enough action? Visit Good Hope Plantation to find out about Jamaica's colonial past. Or Noel Coward's modest yet atmospheric hideaway, Firefly. An all-inclusive week with Thomson ([thomson.co.uk](http://thomson.co.uk)) at Couples Tower Isle Hotel in Ocho Rios costs from £1,112pp including flights. Julie Powell



Wade in the water of  
Jamaica's Dunn's River Falls

## SOUTH AFRICA for safaris

Our Winter is Summer in the so-called Rainbow Nation. Aim first for Cape Town (overnight flights and no jet lag) to enjoy its beaches (though the water is chilly), ride a gondola to the summit of Table Mountain, shop and eat in the restored wharves of the Victoria and Alfred Waterfront, and visit Robben Island, where Nelson Mandela was incarcerated.

Then go on safari to see buffalo, elephant, leopard, lion and rhino. The best known game park is the Kruger National Park and its neighbouring private game reserves, or consider the malaria-free reserves in the Eastern Cape, such as Kwandwe. Three nights' B&B in the Welgelegen hotel in Cape Town, plus three full board in Arathusa Sabi Sands with The Ultimate Travel Company ([theultimatetravelcompany.co.uk](http://theultimatetravelcompany.co.uk)) costs from £2,467pp, including flights, transfers and game drives on safari.



The Victoria and Alfred  
Waterfront in Cape Town;  
a leopard hangs out at the  
Sabi Sabi game reserve



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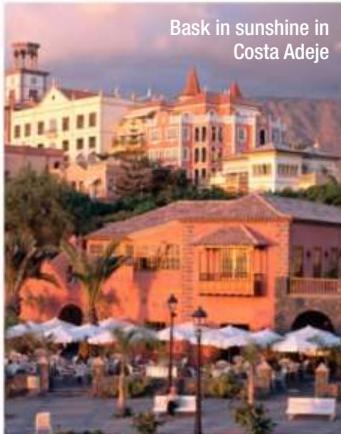
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Fantasy island:  
the Kandolhu resort  
in the Maldives



## TENERIFE for affordability

It may not be tropical, but the odds of warm, sunny weather are high. Add ease of access, flights from several UK airports plus family-friendly activities, and it's obvious why Tenerife is a such a big hit.

Go to the popular southwest coast (Los Cristianos, Playa de Las Americas, Costa Adeje) for the best beaches, or the north (Laguna, Garachico, Puerto de la Cruz) for a more authentic sense of place, though slightly cooler. And every visitor should take a cable car trip to Mount Teide for the spectacular views. One week B&B at Hotel Tigaiga in Puerto de la Cruz with Prestige Holidays ([prestigeholidays.co.uk](http://prestigeholidays.co.uk)) costs from £629pp including flights.

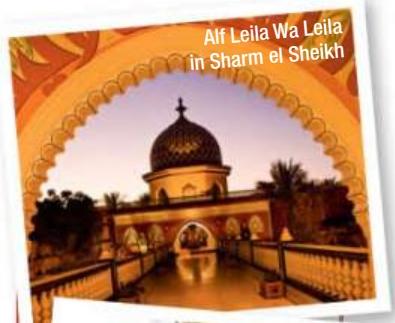
## THE MALDIVES for underwater wonders

All the islands of the Maldives have the same natural template: a deep green heart of palms fringed by a sparkling white beach floating on a shallow, calm lagoon of the most fabulous pale lime, turquoise and azure. They are simply stunning. And that's before you even take a peek underwater. Whether you dive or just want to snorkel, you'll be thrilled by the kaleidoscopic show of corals and fish – and all are just a few flips of the fins from the end of your bed.

The Maldives is also an archipelago of around 100 mostly five-star resorts, each offering watersports, spas, a choice of restaurants,

often overwater bungalows, occasionally tennis courts and lots of gentle, welcoming staff.

I stayed on three – Kurumba, the very first resort to open in 1972, is just a 10-minute boat ride from the airport. Velassaru, a 30-minute ride away, is a true 'no shoes' island. On my first evening I asked the manager if I should wear trousers instead of shorts for dinner? His reply was: 'Only if your legs feel cold.' And Kandolhu, the ultimate escape, a tiny pearl of beauty in a vast ocean and a 40-minute hop by seaplane. One week B&B on Kurumba with Kuoni ([kuoni.co.uk](http://kuoni.co.uk)), with flights and transfers, costs from £1,439pp. □



Alf Leila Wa Leila  
in Sharm el Sheikh



Stroll along the  
beach in Cancun

## MORE WINTER SUN INSPIRATION

**MEXICO:** fly non-stop into Cancun, the gateway to the Mayan Riviera, and be sure to visit the archaeological sites.

**FLORIDA:** beaches and theme parks aplenty, but you could get a cold snap.

**SRI LANKA:** temples, fields of tea, ancient sites and beach resorts.

**AUSTRALIA:** vibrant cities, vineyards, scenic drives, the Outback, endless beaches and indigenous culture.

**SHARM EL SHEIKH:** five-star hotels at four-star prices, less than a five-hour flight away, with excellent watersports.

## Weather wise FIGURES FOR JANUARY

	AV HOURS OF SUNSHINE	AV DAILY MAX TEMPERATURE	FLIGHT TIME FROM LONDON
TENERIFE	8	19°C	4hr 30min
DUBAI	9	25°C	6hr 45min
JAMAICA	9	28°C	10hr 30min
CAPE TOWN	6	28°C	11hr 30min
THAILAND	8	25°C	11hr 45min
MALDIVES	9	31°C	14hr 15min

# TRIED & TESTED

The Good Housekeeping Institute Approved logo indicates that a product has passed rigorous consumer quality tests devised and carried out by GHI researchers

## APPROVED PRODUCTS 2015

### AEG

- DB6120-U steam iron
- ALDI**
- Almat Dual Chamber 2 in 1 Sachets
- Gel Biological
- Almat Dual Chamber Bio Sachets
- Almat Dual Chamber Non Bio Sachets
- Almat Laundry Gel Biological
- Almat Laundry Gel Non-Bio
- Almat Laundry Gel Colour
- Almat Liquid Sachets 2 in 1
- Almat Liquid Sachets Bio
- Almat Liquid Sachets Colour
- Almat Liquid Sachets Non-Bio
- Almat Super Concentrated Liquid Wash Bio
- Almat Super Concentrated Liquid Wash Colour
- Almat Super Concentrated Liquid Wash Non-Bio
- Almat Super Concentrated Liquid Wash 2 in 1
- Almat Washing Powder 2 in 1
- Almat Washing Powder Colour
- Almat Washing Powder Non-Bio
- Almat Washing Tablets Colour
- Almat Washing Tablets Non-Bio
- Anco So Soft Concentrated Fabric Conditioner - all variants
- Anco So Soft Naturals Fabric Conditioner - all variants

- Bramwells Tomato Ketchup
- Diplomat English Breakfast Tea
- Magnum All in 1 Dishwasher Tabs
- Magnum Premium Washing Up Liquid - all variants
- Magnum Washing up Liquid - all variants
- Mistik Beeswax Furniture Polish
- Mistik Multi-Surface Polish
- Powerforce Bathroom Cleaner
- Powerforce Bleach
- Powerforce Kitchen Cleaner
- Powerforce Multi-Action Cleaner
- Powerforce Shower Cleaner
- Powerforce Toilet Block
- Power Cleaning
- Powerforce Window and Glass with Vinegar Power
- Specially Selected Aberdeen Angus Gourmet Burgers
- Ultimate Unsmoked British Back Bacon
- ASDA**
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- Sensitive Non-Bio Capsules
- Sensitive Non-Bio Concentrated Liquid
- Sensitive Non-Bio Gel
- Sensitive Non-Bio Powder
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- Essentials 2 Slice Toaster
- Essentials Pyramid Kettle
- Ultimate Towel range

- Ultra Soft Sheet range
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- TDI9020GB i-Temp iron
- TDS3771GB i-Temp iron
- TDS4571GB i-Temp iron
- TDA3020GB Power III steam iron
- BRANSTON**
- Baked Beans
- BROTHER**
- Innov-is 20LE sewing machine
- Brother Innov-is 55 sewing machine
- Innov-is 1300 sewing machine
- Innov-is VQ2 sewing machine
- XR27NT sewing machine
- XR37NT sewing machine
- BWT**
- Water Filter
- CARTE D'OR**
- Chocolate Gelateria Inspiration ice-cream
- Strawberry ice-cream
- Vanilla ice-cream
- THE CO-OPERATIVE**
- Loved by Us Tomato Ketchup
- Loved by Us Not From Concentrate Fresh Orange Juice
- Loved by Us Hot Cross Buns
- Loved by Us Chicken and Bacon Sandwich
- Loved by Us Home-style Chips
- Loved by Us Farmhouse White Sliced Loaf
- Loved by Us Farmhouse Wholemeal Sliced Loaf

- Truly Irresistible Margherita Pizza
- Truly Irresistible Cheese and Shallot Crisps
- Truly Irresistible Salted Crisps
- Truly Irresistible Sea Salt and Chardonnay Vinegar Crisps
- CROSSE & BLACKWELL**
- Best of British: Broccoli & Stilton Soup
- Best of British: Leek & Potato Soup
- Best of British: Pea & Ham Soup
- Best of British: Roast Chicken & Vegetable Soup
- Best of British: Winter Vegetable Soup
- Cream of Tomato Soup
- Roasted Red Pepper & Tomato Soup
- DIP-SAN**
- Dip-San Toilet Brush
- DR BECKMAN**
- Colour & Dirt Collector
- Service-It Deep Cleaner
- Service-It Washing Machine Cleaner
- DUALIT**
- Vario Toaster
- NewGen Toaster
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- Bathroom Pack
- Cleaning Pad
- Deep Clean Mop
- Deep Clean Mop Head
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- Granite Pack

- Hob & Oven Pack
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- Shower Pack
- Stainless Steel Cloth
- Stainless Steel Pack
- Starter Pack
- Stay Fresh Cloth
- Tea Towels
- Window Pack
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- Raspberry Pushchair
- ICELAND**
- 4 Belgian Chocolate Majesties ice-cream
- Blue Stilton Cheesy Potato Slices
- Luxury British Unsmoked Bacon Rashers
- Mashed Potato
- Mushroom Risotto
- 4 Salmon Fillets
- Wood-Fired Ultra Thin Pizza Four Cheeses
- Yellow Fin Sole Lightly Dusted Fillets in Lemon & Parsley Marinade

Olay Regenerist 3 Point Age Defying Night Cream



Essential Waitrose Anti-bacterial Multi Surface Wipes



Carte D'Or Strawberry

# GOOD HOUSEKEEPING READER RECOMMENDED

Look for this logo when you're shopping! It means the product or service has been best-tested by women just like you, at home or in their neighbourhood. They report back to the GHI experts before a final decision is made.



- KINETICO**
  - Water Softener
- LA CAFETIÈRE**
  - Pisa range
- LAVAZZA**
  - Fantasia Coffee Machine
- LEISURE**
  - Leisure Cookers: 90cm, 100cm, 110cm
- LIDL**
  - Floralys Kitchen Towels
  - W5 All In One Dishwasher Tablets
  - W5 Bathroom Cleaner
  - W5 Bleach
  - W5 Kitchen Cleaner
  - W5 Washing Up Liquid
  - W5 Window & Glass Cleaner
  - Maxi Nappies
  - Midi Nappies
  - Junior Active Plus Pants
  - Junior Big Pants
  - Pull Up Pants
- MARTIN MILLER'S**
  - Gin
- MORRISONS**
  - Kitchen Roll
- NEATO**
  - Botvac 85 robot vacuum
- NESCAFE**
  - Dolce Gusto Jovia by De'Longhi
  - Dolce Gusto Oblo by Krups
- NUTRIBULLET**
  - 600 Series Blender
- NUTRI NINJA**
  - BL450UK blender
  - BL480UK blender
- OLAY**
  - Olay Regenerist 3 Point Age Defying Night Cream
- OVEN MATE**
  - Oven Cleaner
- OVEN PRIDE**
  - Oven Cleaner
- PACKMATE**
  - Travel Storage Bags
- VACUUMS**
  - Vacuum Storage Bags



- SEBO**
  - E range
  - Felix range
- PANASONIC**
  - Breadmaker ZB2502
  - Washing machine NA-140VZ4
  - Washing machine NA-168VG4
  - Ionic Toothbrush EW-DE92
  - Staincare Toothbrush EW-DL82
- PAROZONE**
  - 24hr Germ Kill Toilet Wipes
  - In-Cistern Bleach
  - Strongest & Thickest Bleach
- TESCO**
  - Apple & Elderflower Pressé
  - Bushytops Carrots
  - Chilli Seed Snacking Mix
  - Dried Williams Pear
  - Finest Elfe Salad Potatoes
  - Finest Stir Fry Sauces
  - Finest Tomatoes Range
  - Finest Wild Mushrooms
  - Tri-coloured Potatoes
  - 5 in 1 Dishwasher Tablets
  - AntiBac Cleaner Spray
  - Fabric Conditioner
  - Kitchen Foil
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- VITAMIX**
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  - Total Nutrition Centre
- WAITROSE**
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  - Super Concentrated Liquid Detergent
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  - Non-bio Laundry Detergent
  - Laundry Bio Powder
  - Laundry Colourcare Gel
  - Fabric Conditioner - all variants
  - Anti-bacterial Action Cleaner
  - Anti-bacterial Multi Surface Wipes
  - Daily Shower Shine
  - Toilet Cleaner
  - Washing Up Liquid
- YOUVIEW**
  - Set-top boxes

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For more information, see [goodhousekeeping.co.uk](http://goodhousekeeping.co.uk)

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- ◆ Saturday 19 December at 7.30pm  
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- ◆ Monday 21 December at 7.30pm  
*The Bridgewater Hall, Manchester (0161 907 9000)*
- ◆ Tuesday 22 December at 2.30 & 7.30pm  
*Royal Albert Hall, London (020 7838 3109)*

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Claire Rutter, acclaimed tenor Marc Heller and baritone David Kempster.

Good Housekeeping readers can save £10 on tickets in the top two price bands: get your discount by booking before 1 November.\*

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*Barbican Hall, London (020 7638 8891)*



Baritone David Kempster



Soprano Claire Rutter



Tenor Marc Heller

**TO BOOK** For Aled Jones: call the box office of your chosen venue and quote **Good Housekeeping\***

For Grand Opera Gala: call or visit the box office and quote **Good Housekeeping offer\***, or visit [barbican.org.uk](http://barbican.org.uk) and enter offer code **69910\***

**TERMS & CONDITIONS** \*£10 discount offer must be booked by 1 November 2015. Offer applies to selected ticket prices only. Please note offer is subject to availability, does not apply to tickets already purchased or in conjunction with any other offer. **Symphony Hall, Birmingham:** Offer valid on top two ticket prices. A £3 transaction fee, plus £1 postage (optional), will be charged on all bookings except purchases made in person. **The Bridgewater Hall, Manchester:** Offer valid on top two ticket prices. A booking fee of £2 per ticket applies to telephone and online transactions. **Royal Albert Hall:** Offer excludes lowest-price seats. A transaction fee of 2% of the total booking plus a £2.50 fee per ticket applies to telephone and online transactions. **Barbican Hall London:** A booking fee of £3 per online transaction or £4 per telephone transaction applies. No fee applies when tickets are booked in person. \*BT landline calls are charged at the standard national rate; calls from mobiles and other networks may cost more.

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# You and your home

Stylish autumn



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Autumn Rose & Freesia

Strawberry Sorbet

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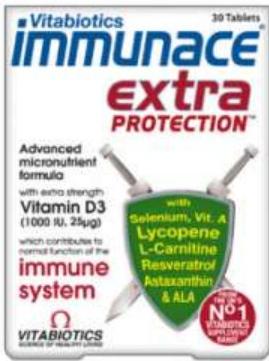
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Your needs this month

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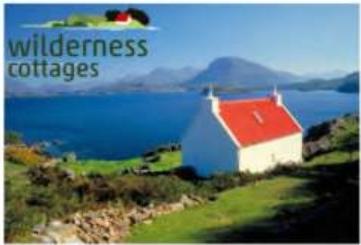
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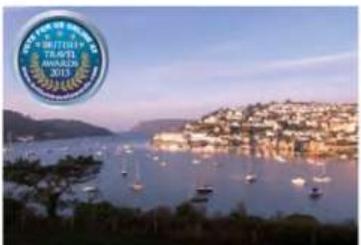


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# I'm queen of the swingers and game for a laugh!

This month, Sandi fancies having fun and getting down with the kids in the playground – if only people wouldn't insist on bursting her bubble...

ILLUSTRATION CLARE MACKIE

**I** don't think grown-ups play enough games. Actually, that's not quite right. I don't think women play enough games. Men play games all the time and I don't just mean the age-old ones like, 'Oh, when you said to take the rubbish out I didn't realise you meant today.' I know lots of wildly unfit men who dress up in unsuitable shorts and go to play football on a Saturday or men who have some kind of games console at which they mutter while killing things. Women? Nowhere near as many.

I was walking past an empty playground the other day and was suddenly seized with the most intense desire to get on the swings. I didn't do it because I thought explaining myself to a passing policeman might be tricky. I do lots of things to relax – I embroider, I weave and I knit, but I realise I'm always making something practical. I create jumpers, table runners and the occasional teddy bear gift, but I am never just having fun. It would never occur to me to ring a bunch of pals and see if they fancy a netball match or a quick flick of a Frisbee. They might think I'd lost the plot.

The more I think about it, the more I like the idea of pure enjoyment. The trouble is, I'm not at all sure where to begin. I don't really like computer games. Life is stressful enough without sitting at home encouraging digital terrorists to leap out at me. I was considering my options when I read the depressing news that Bubble Wrap has been modernised. Okay, hands up, who among us has not wasted whole minutes of their life unwrapping a parcel and then popping the air out of the packaging? Pointless, but weirdly pleasurable. Now even that harmless bit of fun is being taken from us. Apparently new Bubble Wrap does not pop when you press it between your fingers. How is this an improvement? Well, apparently it is more cost-effective if popping the pocket just causes the air to pass into a different bubble. This made me mad. I like popping Bubble Wrap (although



not enough to join their Facebook group. It has half a million members, which is somehow worrying).

It was George Bernard Shaw who said, 'We don't stop playing because we grow old; we grow old because we stop playing.' It's true. Play is good for us. It relieves stress, boosts your brain function and stimulates your creativity. But what to do? Something physical? I'm fairly fit. I go to the gym and I run in the park but I do it by myself. The trouble is, I was never picked for a team sport at school when I was young, so I can't think anyone would choose me now.

I could do something more mentally challenging. Maybe join a pub quiz team? Probably not. I'm very good on history, geography and indeed the words of George Bernard Shaw, but I have big gaps in my knowledge. I fall apart if anyone asks me to identify a Kardashian (who, for all I know, live in the wild and are noted for their shyness).

I Googled Games For Grown-ups and can only advise you not to do the same. The suggestions were startling, to say the least. I'm still trying to understand a couple of them, which seemed to involve equipment not easily sourced. I did find a few ideas I

liked, such as Glow In The Dark Bowling. You put a glow stick in each of 10 plastic water bottles and set them up in a triangular formation for night-time bowling. Or Water Balloon Dodge Ball – two teams throw water balloons at each other and try not to get hit. I may have a party soon and find some other women who

could do with just mucking about.

Meanwhile, I went mad and bought a swing. I can't go on the one in the park, but I can do what I like at home. It's fantastic. As liberating as I had imagined. The problem is, I think I'm heading down a troublesome path. My study is in the garden and now I want a slide from the bedroom window to the office door. Too much? □

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